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MEDICAL MARIJUANA USERS WILL HAVE TO GET THEIR WEED VIA MAIL ORDER UNDER NEW RULES PAGE 18

'My family hasn't given up on Victoria'

Tori Stafford's father incensed by Michael Rafferty's ongoing search for a taxpayer-funded lawyer in bid for appeal PAGE 8

Make a splash with yoga this summer

Special sequence for swimmers will ensure better technique and stamina in the pool PAGE 27

There's no end to fallout in data-leak case

As U.S. asserts intention to continue with secretive surveillance, speculation swirls around leaker's next move PAGE 9

Lone woman ousted from Ford circle

City hall. Mayor offers no explanation for committee shuffling

Mayor Rob Ford's 13-member executive committee is now composed of 13 men.

Ford removed the committee's last remaining woman, Coun. Jaye Robinson, in a Monday leadership shuffle in which he targeted two councillors who have challenged him over his alleged substance use.

Robinson had publicly urged him to take a leave of absence to deal with an ongoing crack-cocaine scandal. Ford also demoted Coun. Paul Ainslie, who angered Ford in March by confirming to Torstar News Service that the mayor was asked to leave a February military ball at which organizers were concerned that he was intoxicated.

Robinson was ousted as chair of the community development and recreation committee. Ainslie was ousted as chair of the government management committee and made the chair of the lower-profile parks and environment committee.

TORSTAR NEWS SERVICE

Quoted

"While it would be nice to have one or two women, I don't think it's especially critical.... A lot of the women do attend the executive committee anyway."

Coun. Frank Di Giorgio

HANGING UP HIS SPACE SUIT

Canadian astronaut Chris Hadfield speaks at a news conference in Longueuil, Que., Monday. In a career filled with milestones, add this one to the list of his achievements: Ssending in a resignation notice from outer space. It turns out he informed his superiors of his intention to retire a few months ago, while he was still on the International Space Station. Hadfield broke the news to the rest of the planet on Monday. Story, page 19. RICHARD LAUTENS/TORSTAR NEWS SERVICE

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Latest figure

Casino study process cost more than $370K

Toronto spent at least $370,000 to study the casino proposals that were rejected by council in May.

The city's top civil servant, city manager Joe Pennachetti, released the figure in a Monday letter to council. He did not include the cost of the hours that dozens of city employees devoted to the casino file.

If he had, the total would likely have been hundreds of thousands of dollars higher. Seven city divisions were involved in the process, Pennachetti wrote, and city employees produced 12 reports at the request of various council committees.

TORSTAR NEWS SERVICE

Inspections

Nursing home inspectors to double

The Liberal government says it will more than double the number of inspectors to thoroughly probe long-term care homes, so each facility can be scrutinized annually.

The pledge from Health Minister Deb Matthews follows high-profile incidents and the NDP's revelation last week that in the last three years only 123 of Ontario's 633 facilities had a full Resident Quality Inspection (RQI), which can take two weeks and includes interviews with residents and staff. TORSTAR NEW SERVICE

Principal Nicole Pearson is surrounded by kindergarten students and teachers as she brings down a portrait of Nelson Mandela created by Grade 8 students, at Nelson Mandela Park Public School on Monday. As the world shows concern for the health of Mandela, a special surge of love went out to the ailing freedom icon from the school that took his name 12 years ago when he captured the hearts of its students during a visit in 2001. Officially, dignitaries were at the school to celebrate a $28 million facelift to the century-old building.
More on Mandela, page 10.
RICHARD LAUTENS/TORSTAR NEWS SERVICE

Toronto school sends lots of love to Mandela

Court hears details in teen joyride case

Police say the chaos began in an auto repair parking lot in Whitby, where a group of adventure-seeking teens allegedly stole a truck.

It ended with three youths in custody, three people seriously hurt and, according to the Crown, this explanation to police: "Yo bro, I had a really bad day. My girlfriend broke up with me — you don't even know."

Those were the words a 13-year-old Whitby boy told police Sunday, according to the Crown's statements, after the teen and two others were arrested following a joyride that sent three pedestrians to hospital.

The Crown's allegations haven't been proven in court, but what follows is what it presented in an Oshawa courtroom Monday afternoon:

Around 1:30 a.m. Sunday, three teenage boys, two 13 and one 15, were trying to get into parked cars at Just Brakes Plus, a garage in Whitby. The trio found an unlocked Ford pickup truck and, inside, the keys.

One teen gave the keys to a 13-year-old — whose identity is protected under the Youth Criminal Justice Act — who hopped in the driver's seat and took off with the other two tagging along for the ride.

A police officer spotted the truck driving the wrong way on several streets as it weaved through Whitby into neighbouring Oshawa. The officer thought the driver was impaired.

After the cruiser's siren was turned on, a short chase ensued as other police vehicles converged on the truck. The pursuit was called off as the truck drove the wrong way on King Street East in Oshawa.

Quoted

"Yo bro, I had a really bad day. My girlfriend broke up with me — you don't even know."

Teen's explanation to police, according to Crown attorney

Then the driver lost control and barrelled onto the sidewalk in front of Out Lounge and Bar, striking three pedestrians.

One man ended up in serious condition at St. Michael's Hospital in Toronto. Another man and woman were taken to Lakeridge.

When the truck stopped, the three teens bolted, police say. One witness yelled to police "striped shirt!" and pointed east. The cops took off and tracked the boys down.

TORSTAR NEWS SERVICE

Strict conditions

- Court set a strict set of conditions on one 13-year-old boy, who was released on $1,000 bail and ordered to live with his father.
- The 13-year-old is charged with multiple offences, including three counts of dangerous driving causing bodily harm, theft of a motor vehicle over $5,000, failing to stop for police and failing to remain at a scene.
- The other two, 13- and 15-year-old boys, are charged with theft of a motor vehicle over $5,000 and possession of property obtained by crime over $5,000.

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Could student residence really replace Silver Dollar?

Hotel Waverly and the Silver Dollar could become a thing of the past if developers get the green light to build a 20-storey student housing unit at the corner of College and Spadina. CARLOS OSORIO/TORSTAR NEWS SERVICE

200-plus rental units. The club and 113-year-old Hotel Waverly may make way for a 20-storey tower with a resurrected blues club on the ground floor

The Silver Dollar Club was a place anyone could go to blend in with the crowd and take in some of the world's best "never-heard-of" blues acts. Or, in the case of James Earl Ray, to hide from the law.

Ray, the man who assassinated Martin Luther King Jr. in 1968, is said to have spent his days on the run drinking at the bar while holed up at the Hotel Waverly, on Spadina Avenue near College Street. The People's Poet, Milton Acorn, lived in the hotel in the 1970s, penning some of his most acclaimed work.

Bob Dylan and Levon Helm both graced the stage unannounced in the club's 55-year storied history — Canadian icons The Barenaked Ladies and Blue Rodeo, too.

Even when it was a strip club for a brief period in the 1970s, dancers there performed to a live blues band.

The 113-year-old hotel and bar property, however, has seen better days. If they get approval, its owners plan to tear down the low-rent residential hotel and build a 20-storey student housing complex, with the Silver Dollar reopening on the first floor.

"You can't re-create flavour, but you can try," said building owner Paul Wynn. "It won't be the same, but we're hoping it'll be better."

Having spent time working for a film company in the 1980s and travelling in Europe, staying in hostels, he dreamt of a similar life for the hotel when he purchased it upon returning to Canada.

It never worked out. "People weren't backpacking through Canada the same way they were in Europe," he said.

"I've lived with it for 20 years, trying to figure out what to do with it. We're taking a very logical approach to it."

A building that would offer 200-plus units for students — to help with the growing need for rental units for students at the nearby University of Toronto campus — made the most sense. TORSTAR NEWS SERVICE

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Cop facing G20 charges breaks down as he recalls violent protest

Const. Babak Andalib-Goortani TORSTAR NEWS SERVICE

A Toronto police officer accused of using excessive force while arresting a man at a G20 protest three years ago broke down in court Monday as he recalled one of the most challenging days of his career.

Const. Babak Andalib-Goortani, who has pleaded not guilty to assault causing bodily harm during the arrest of Toronto man Adam Nobody, repeatedly said his actions were well within the parameters of the instructions he had received over the years.

"The application (of force) I used was in strict compliance with my training," the 33-year-old officer said on the witness stand. "With what I observed and what was going on in that exact moment, the way I was trained and what I felt at that time, it complied with everything that I was trained with."

Nobody, a 30-year-old stage hand, has testified he was tackled at a protest at the Ontario legislature on June 26, 2010, and was hit several times as several officers piled on top of him.

A photo of his bruised right side has been put into evidence.

Both sides agree that Nobody's arrest was lawful, but the central question is whether the force Andalib-Goortani used was lawful.

Prosecutor Philip Perlmutter suggested Andalib-Goortani didn't need to apply his baton because Nobody was already pinned to the ground.

During his cross-examination of the officer, Perlmutter suggested Andalib-Goortani had been overwhelmed by the events of the day and "just broke."

"I believe I was helping to finish this arrest," countered Andalib-Goortani.

THE CANADIAN PRESS

Feds aim to revamp sick leave

Public service. Treasury Board president says current system dates back to a time some problems were ignored

The federal government wants to revamp its sick leave and disability policies for the public service in an effort to reduce high levels of absenteeism.

A new short-term disability program would replace the present system of banked sick days, Treasury Board President Tony Clement told a news conference Monday.

The existing long-term disability program, which kicks in after 13 weeks of illness, would also be changed to address the problems of the modern workplace, he added.

Quoted

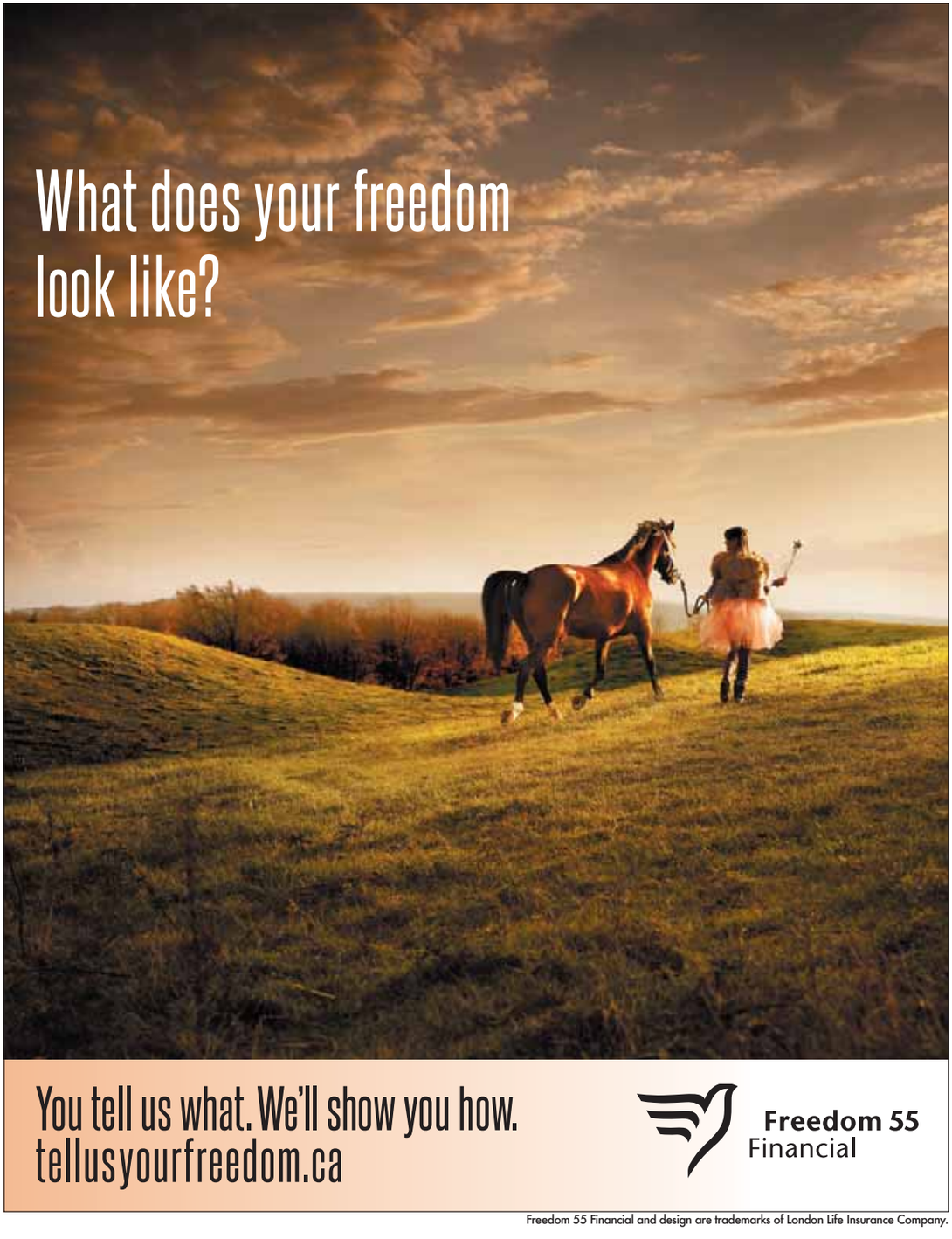
"The public service suffers from exceedingly high levels of absenteeism."

Treasury Board President Tony Clement

Clement said the existing system dates back to the 1970s, when some problems, such as mental illness, were ignored.

"A more robust disability management system will emphasize prevention and rehabilitation, and will also include enhanced support for current and emerging health issues like mental illness, which was not adequately recognized 40 years ago but now represents more than half of all disability claims in the Canadian workplace," he said.

THE CANADIAN PRESS



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Take a pause for the claws

Artists Divya Mehra, front, Brendan Fernandes left, Ed Pien, behind Fernandes, Mitchell Wiebe, right, and Dean Baldwin, back, at Brookfield Place in Toronto Monday. The group recreated a fairground game in which players fish for stuffed toys and other goods in a glass case using a metal claw. The Stockpile installation invites people to donate stuff they do not want. The artists then invite Luminato visitors to use one of the artists as a claw to retrieve stuff they would like. VINCE TALOTTA/TORSTAR NEWS SERVICE

Burlington. Homicide unit investigates as police ID teen who was found dead

Halton Regional Police have confirmed 19-year-old Barry Débie was found dead by his roommate in Burlington on Friday.

The homicide unit is investigating the circumstances surrounding his death, and is releasing few details.

Débie's Facebook page states he was part of the class of 2011 at M.M. Robinson High School.

Friends and family have taken to social media to remember the former student. A tribute page set up on Facebook already has numerous posts, but has now been set to private.

"Hey Barry, I know it's been a couple years. But you've always been considered a good friend of mine," wrote Darnelle Dawn Quindinho. "I can't believe ur gone buddy. There gonna figure out what happened. And do u justice. Only the good die young buddy, miss you. Xo rest in peace Barry xo."

Parents whose children went to school with Débie also posted their condolences.

Police were called just before 11 a.m. Friday to a home on Mountainside Drive, near Hwy. 407 and Hwy. 403, after a resident discovered their roommate unconscious.

The young man had no vital signs when police arrived. There were obvious signs of trauma on the body, said Halton police spokesman Sgt. Dave Cross. TORSTAR NEWS SERVICE

Barry Débie was found dead on Friday. TORSTAR NEWS SERVICE

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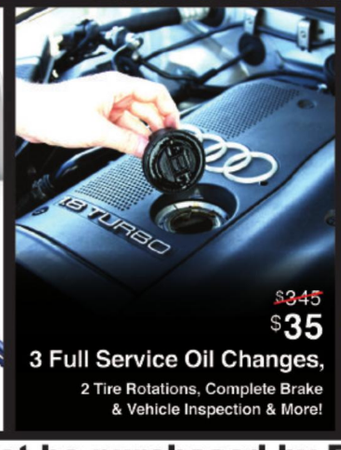

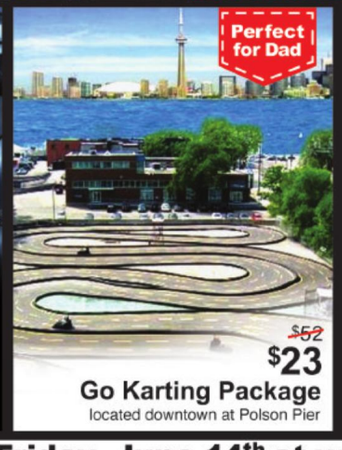

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Tori Stafford's dad blasts killer's attempts to get appeal lawyer

Hearing. Michael Rafferty was convicted last year of first-degree murder, kidnapping and sexual assault causing bodily harm

The man convicted in the kidnapping and murder of eight-year-old Victoria "Tori" Stafford continued his search for a taxpayer-funded lawyer Monday in his attempt to appeal his conviction, a move that incensed the little girl's father.

Wearing a blue prison jumpsuit, Michael Rafferty appeared via video at the Court of Appeal for Ontario in Toronto, where his matter was put over until Aug. 12.

Rafferty is appealing on grounds that the judge in his trial failed to properly instruct the jury and that the jury didn't properly understand the required evidence to convict him of first-degree murder.

The court agreed to grant a private lawyer who has been in touch with Rafferty extra time to compile information that will determine whether the convicted killer is eligible for a court-appointed lawyer or legal aid, which he had previously been denied.

Both scenarios would result in taxpayers footing the bill for Rafferty's appeal.

That angered Tori's father, who was present at the hearing.

"I want everybody to know that my family hasn't given up on Victoria," Rodney Stafford said outside the courthouse.

THE CANADIAN PRESS

Gone but not forgotten

"We know she's gone and everybody cares deeply. We can't just let this go. It's not like somebody took our dog or anything — somebody took my flesh and blood, and I want to make sure justice is served."

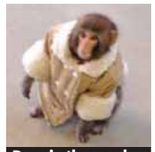
Rodney Stafford, father of murder victim Tori Stafford

Rodney Stafford, the father of slain eight-year-old Tori Stafford, leaves Osgoode Hall Court of Appeal in Toronto on Monday. Michael Rafferty, the man convicted in the kidnapping and murder of Tori, appeared by video as part of an attempt to appeal his conviction. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Ikea monkey. Court told Darwin's 'mom' voluntarily transferred ownership

A woman who refers to herself as the Ikea monkey's "mom" voluntarily signed over ownership of her pet, court heard Monday, though her lawyer questioned how she was persuaded to give up her beloved monkey.

Darwin, a Japanese macaque, was scooped up by animal control in an Ikea parking lot, where he had escaped from a locked crate in his owner's car while she was shopping.



Darwin the monkey THE CANADIAN PRESS

Yasmin Nakhuda rushed to Toronto Animal Services to claim the monkey she says is like her son, only to sign a form surrendering her ownership of him. She didn't want to give him up, so something an animal services officer said must have changed her mind, her lawyer Ted Charney said in court Monday.

THE CANADIAN PRESS

Despite email scandal, NDP still backs Liberal budget

Andrea Horwath THE CANADIAN PRESS

The Liberals' budget is set to pass Tuesday despite Progressive Conservative attempts to shame the New Democrats into defeating it over the gas-plant email controversy.

Conservative MPP Vic Fedeli charged that the NDP is being hypocritical by backing the minority government's spending plan instead of triggering a July election over the $585-million power-plant debacle.

"Andrea Horwath calls them liars and corrupt in the morning and supports their budget in the afternoon," Fedeli (Nipissing) said Monday of the NDP leader.

"I don't understand that motivation," he said, noting Ontario Provincial Police are now looking into the Liberals' deletion of emails related to the plants in Mississauga and Oakville that were cancelled for political reasons.

"If they're corrupt as we all agree they are then we have to call them on the carpet for that."

Horwath countered that "the Tories are only looking after their own interests," while the New Democrats are concerned about the greater good. That's why her party ensured the Liberal budget reduced auto-insurance premiums by 15 per cent, improved home-care health services, boosted youth jobs, and contained new accountability measures.

"The caucus is pretty proud of the work we've been able to do," she said, adding it was the NDP that sparked Information and Privacy Commissioner Ann Cavoukian's report last week decrying the deleted emails.

Horwath pointed out the New Democrats also forced the Liberals to create an independent financial accountability office to oversee government spending and increasing transparency. TORSTAR NEWS SERVICE

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5 latest developments in the U.S. snooping story

The Obama administration faced fresh anger Monday at home and abroad over U.S. spy programs that track phone and Internet messages around the world in the hope of thwarting terrorist threats. But a senior intelligence official said there are no plans to end the secretive surveillance systems.

Snowden chooses Hong Kong

An apparent international cat-and-mouse game was in play, Monday. Edward Snowden, 29, stepped forward over the weekend as the source of leaks to Britain's The Guardian and the Washington Post about the U.S. government's monitoring of cellphone logs and web servers.

Hong Kong, a former British colony returned to China in 1997, has an extradition treaty with the United States. But China has the ultimate say over extradition requests in cases where the country's foreign interests could be at stake.

Snowden said he chose Hong Kong because of its "strong tradition of free speech."

"The only thing I can do is sit here and hope the Hong Kong government does not deport me," Snowden told The Guardian.

THE ASSOCIATED PRESS

Edward Snowden THE GUARDIAN

Iceland — asylum paradise?

From seafaring Vikings to digital dissenters, Iceland has always attracted outsiders.

This North Atlantic island nation has welcomed eccentric chess master Bobby Fischer, WikiLeaks secret-spiller Julian Assange and the online freedom advocates of the Pirate Party. Could its next guest be Snowden?

In an interview published Sunday outing himself as the source behind stories about the U.S. spy agency's online surveillance programs, Snowden floated the idea of heading to Reykjavik. He told The Guardian newspaper that he was inclined to seek asylum in a country that shared his values — and "the nation that most encompasses this is Iceland." THE ASSOCIATED PRESS

Chinese cyber-security

Cyber-security was one of the main topics during the informal summit this weekend between Chinese leader Xi Jinping and U.S. President Barack Obama at an estate in the California desert where they also sought to build a personal relationship. But Snowden's presence in Hong Kong has already dragged China into what would have been a domestic issue for the United States. "It's going to be seen by both sides as an unwelcome distraction," said Jean-Pierre Cabestan, a China politics expert at the Hong Kong Baptist University. "This comes at a delicate time because of the Xi-Obama summit and the much bigger issues that both countries have to tackle and both governments and presidents have to discuss." THE ASSOCIATED PRESS

International backlash

Germany's chancellor will raise the issue of the U.S. National Security Agency's (NSA) eavesdropping on European communications when she meets Obama in Berlin next week — the latest sign of the international backlash over America's sweeping electronic surveillance programs.

Obama has defended the once-secret programs that sweep up to an estimated three billion phone calls a day and amass Internet data from U.S. providers, saying they are a necessary defence against terrorism. He assured Americans on Friday that "nobody is listening to your telephone calls." That has given little assurance to Germans and other foreigners, who routinely use U.S.-based Internet sites for voice and data communications. European nations often have much stricter privacy laws than those in the U.S., and their citizens defend those privacy rights with more vigour.

THE ASSOCIATED PRESS

Canada's privacy watchdog weighs in

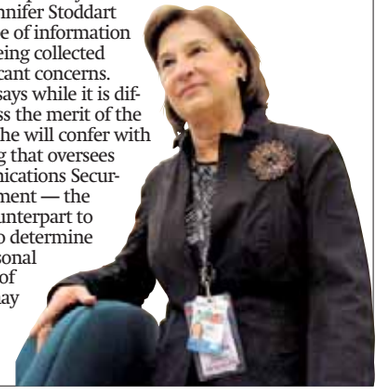
The federal privacy watchdog says she will look into any implications for Canada posed by possible U.S. government snooping on a wide scale.

The issue of data privacy is generating debate in federal circles following revelations NSA has been tapping into the information banks of American Internet giants.

The office of privacy commissioner Jennifer Stoddart says the scope of information reportedly being collected raises significant concerns.

Stoddart says while it is difficult to assess the merit of the allegations, she will confer with the watchdog that oversees the Communications Security Establishment — the Canadian counterpart to the NSA — to determine how the personal information of Canadians may be affected.

THE CANADIAN PRESS



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Senate. Auditor general Michael Ferguson returns amid scandal

One year and several scandals later, auditor general Michael Ferguson is returning to the Senate.

Ferguson will meet on Tuesday with the internal economy committee. The meeting comes a week after the upper house voted to call in the auditor to conduct a comprehensive review of Senate expenses. The chamber has been awash in scandal for months over improperly claimed expenses.

THE CANADIAN PRESS

Michael Ferguson THE CANADIAN PRESS

Takeover cancelled

Telus calls off plan to buy Mobilicity

Telus Corp. called off its plan to buy small wireless provider Mobilicity on Monday after Ottawa signalled last week that it would not allow the deal.

THE CANADIAN PRESS

U.K.

6 men sentenced to 20 years in failed terror plot

Six British men inspired by Islamic extremist material were sentenced Monday to almost 20 years in prison each for plotting a bomb and gun attack on a far-right rally a year ago.

THE ASSOCIATED PRESS

'Black Widow'. Woman pleads guilty to drugging husband after wedding

A 78-year-old woman dubbed the "Black Widow" for her criminal past with other men has admitted to slipping tranquillizers into her newlywed husband's coffee while they were on a honeymoon last year.

Melissa Ann Shepard pleaded guilty Monday to administering a noxious substance and failing to provide the necessities of life after Fred Weeks, 75, became ill during a brief trip to Newfoundland last September.

An agreed statement of facts read by the Crown describes how Shepard mixed tranquillizers into his drinks while they were aboard a ferry from Cape Breton to Port-aux-Basques, N.L.

THE CANADIAN PRESS

Ailing Mandela called an 'extraordinary gift'

Serious but stable. Desmond Tutu's foundation calls South Africa's former president 'beloved father of our nation'

Nelson Mandela was in serious but stable condition in a Pretoria hospital for the third day Monday with a lung infection, and a foundation led by retired archbishop Desmond Tutu described the 94-year-old anti-apartheid hero as an "extraordinary gift" to South Africa.

As family members visited South Africa's first black president in the hospital, the government announced — in only the second communication on Mandela since he was hospitalized Saturday — that his condition was "unchanged."

A statement issued for the Desmond and Leah Tutu Legacy Foundation described Mandela as "the beloved father of our nation" and offered prayers for a man seen by many around the world as a symbol of reconciliation because of his peacemaking role when white racist rule ended in South Africa.

Mandela "once again endures the ravages of time in hospital," said the Cape Town-based foundation, which was founded by Tutu and his wife, Leah, to promote peace. "We offer our thanks to God for the extraordinary gift of Mr. Mandela, and wish his family strength."

Tutu, 81, was also a vigorous campaigner against apartheid, which ended when all-race elections were held in 1994 and Mandela was elected president. Like Mandela, Tutu was awarded the Nobel Peace Prize for his efforts on behalf of compatriots. Mandela shared his prize with F.W. de Klerk, the last president of the apartheid era.

"We send our blessings to the doctors and nurses responsible for his care," Tutu's foundation said.

On April 29, state television broadcast footage of a visit to Mandela's home by President Jacob Zuma and other ANC leaders. Zuma said then that Mandela was in good shape, but the footage — the first public images of Mandela in nearly a year — showed him silent and unresponsive, even when Zuma tried to hold his hand.

Some South Africans said that showing images of a clearly ill Mandela was inappropriate and appeared to reflect an attempt by the ruling party to benefit politically from its association with Mandela in the run-up to national elections next year.

THE ASSOCIATED PRESS

'Ravages of time'

Mandela has been hospitalized several times in recent months.

- He has been particularly vulnerable to respiratory problems since contracting tuberculosis during 27 years as a prisoner of the government, the bulk of which was spent on Robben Island, off the coast of Cape Town, where Mandela spent part of the time toiling in a stone quarry.

A boy stands in front of a mural of former South African president Nelson Mandela in Johannesburg on Monday. Mandela was in serious but stable condition in a Pretoria hospital for the third day Monday with a recurring lung infection. THEMBA HADEBE/THE ASSOCIATED PRESS

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Officer lied at Dziekanski inquiry, Crown tells trial

Perjury charges. Bentley first of four officers to stand trial for their testimony at the inquiry

An RCMP officer who was involved in the death of Robert Dziekanski almost six years ago has pleaded not guilty to lying at a public inquiry into the case.

Const. Bill Bentley is the first of four officers to stand trial for their testimony at the inquiry, which examined what happened when Dziekanski was stunned with a Taser at Vancouver's airport in October 2007.

Bentley's trial opened with a list of half a dozen times the Crown alleges Bentley lied during the inquiry, particularly when it came to a sentence in his own police notes that said Dziekanski ran at the officers screaming.

Aftermath

Several weeks after Dziekanski's death, a video shot by a witness emerged and appeared to contradict the official story from the RCMP, showing Dziekanski calm with his arms at his side as officers arrived.

The indictment alleges Bentley lied when he testified he believed his police notes were accurate, as well as when he told the inquiry he believed the error was due to being confused about the sequence of events during the confrontation.

It also alleges Bentley lied when he offered the inquiry explanations for apparent errors in his subsequent statement to homicide investigators, such as his contention that it appeared Dziekanski was looking for a weapon shortly before he was stunned. THE CANADIAN PRESS

RCMP Const. Bill Bentley arrives to testify at the Braidwood inquiry into the Taser-related death of Polish immigrant Robert Dziekanski in Vancouver. Bentley is on trial on charges of perjury for his testimony at a public inquiry into Dziekanski's death. DARRYL DYCK/THE CANADIAN PRESS

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Ghost plane raised from English Channel

Second World War bomber. German aircraft shot down during Battle of Britain

A German Second World War bomber was raised from the bottom of the English Channel on Monday, after previous attempts were thwarted by poor conditions.

The Dornier Do-17 aircraft was shot down off the coast of Kent county in southeastern England more than 70 years ago during the Battle of Britain.

Nicknamed the Luftwaffe's "flying pencil" because of its narrow fuselage, it is believed to be the only intact example of the Dornier.

"It has been lifted and is now safely on the barge and in one piece," said Ajay Srivastava, a spokesman for the RAF Museum, which led the salvage operation.

The museum had been trying to raise the relic for a few weeks, but the operation was delayed by strong winds. In 2008, divers discovered the aircraft submerged in 15 metres of water. Experts say the bomber is remarkably undamaged.

The Dornier was a mainstay of German bomber fleets during the Battle of Britain in 1940. The wreck is believed to have been shot down on Aug. 26 of that year at the height of the battle.

Museum officials plan to conserve the plane and put it on exhibition next to the wreck of a British Hawker Hurricane fighter aircraft that also was shot down during the battle.

THE ASSOCIATED PRESS

Attempts to raise the Dornier from the English Channel were delayed for weeks before Monday's successful effort. GARETH FULLER/THE ASSOCIATED PRESS

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Social-media crackdown

Kuwaiti woman jailed for 'insulting' emir tweets

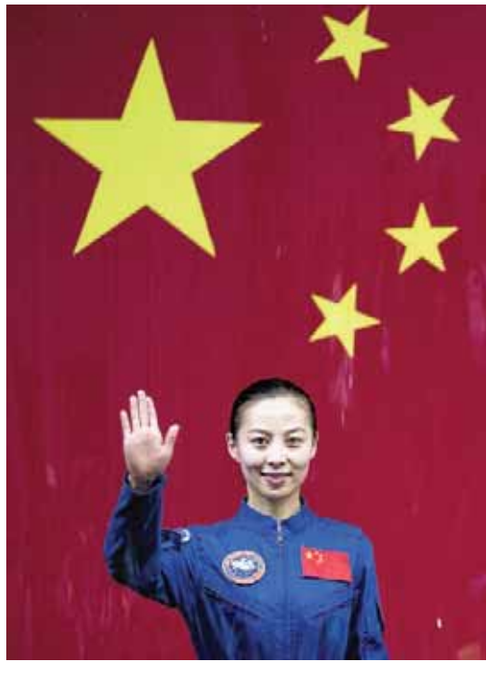
A woman in Kuwait has been sentenced to 11 years in prison after convictions that include insulting the Gulf nation's ruler and encouraging his overthrow, opposition groups say.

Monday's court decision is among the harshest punishments given in the Gulf region as authorities increasingly crack down on perceived dissent on social media. Dozens of people across the Western-backed Gulf states have been sent to jail for Twitter and blog posts in the past year.

Opposition groups in Kuwait say Huda al-Ajmi faced three charges that included insulting the emir, which brought a one-year sentence. Five-year prison terms were given for allegedly calling for coup-style rebellion and violating laws on public discussions.

Kuwaiti media, including the pro-government Al Watan newspaper, also reported the sentencing.

THE ASSOCIATED PRESS



China shoots for the stars

Astronaut Wang Yaping greets the press on Monday at the Jiuquan satellite launch centre near Jiuquan, Gansu province, in western China. Three Chinese astronauts will take flight this week — on Tuesday if weather permits — aboard a Shenzhou spacecraft to dock with China's Tiangong 1 space lab. On the heels of Canadian astronaut Chris Hadfield's wildly popular YouTube videos from the International Space Station, the Chinese crew will deliver a series of talks to students from aboard the Tiangong. China is marking a decade of human space flight. ANDY WONG/THE ASSOCIATED PRESS

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Ottawa lines up new rules for pot

Medical marijuana. Patients allowed to buy prescribed amounts only from licensed growers who will be required to meet strict conditions

A budtender rolls a marijuana cigarette for a patient at a medical marijuana dispensary in Los Angeles. Under new rules in Canada, the government will no longer produce or distribute medical pot and medical marijuana users will no longer be allowed to grow the product at home. DAVID MCNEW/GETTY IMAGES FILE

After two years of study and discussion, the federal government has finalized new rules for medical marijuana and granted a reprieve to pharmacists who opposed the rules in their draft form.

Health Minister Leona Aglukkaq rolled out the regulations Monday for formal publication in the Canada Gazette on Wednesday.

Under the new regime, the government will no longer produce or distribute medical pot and medical marijuana users will no longer be allowed to grow the product at home.

Health Canada said since the medical marijuana program was introduced in 2001, it has expanded to 30,000 people from the original 500 authorized to use the product.

"This rapid increase has had unintended consequences for public health, safety and security as a result of allowing individuals to produce marijuana in their homes," the department said in a news release.

"Under the new regulations, production will no longer take place in homes and municipal zoning laws will need to be respected, which will further enhance public safety."

In previous versions of the regulations, pharmacies were to distribute the product just like other medications, provoking concern from pharmacists, who expressed concerns about dispensing a product without sufficient research. They also cited security concerns.

The final version removes the pharmacists from the loop, leaving patients to rely on mail order for their medical marijuana.

"While the courts have said that there must be reasonable access to a legal source of marijuana for medical purposes, we believe that this must be done in a controlled fashion in order to protect public safety," Aglukkaq said in a statement.

"These changes will strengthen the safety of Canadian communities while making sure patients can access what they need to treat serious illnesses."

She used similar reasoning last week when she introduced new hurdles for the creation of supervised drug-injection sites in response to a court ruling.

THE CANADIAN PRESS

Reaction

Changes won't protect people, critics say

Physicians and pharmacists questioned the regulatory changes, saying there is little evidence that medical marijuana is either effective or safe.

The umbrella group representing the country's colleges of physicians and surgeons said the changes won't protect people.

"We believe that the new federal medical marijuana regulations put patients and the general public at risk," Dr. Rocco Gerace, president of the Federation of Medical Regulatory Authorities of Canada, said. "Physicians should not be asked to prescribe or dispense substances or treatments for which there is little or no evidence of clinical efficacy or safety." THE CANADIAN PRESS

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Nuclear liability. Ottawa proposes raising upper limit to $1B from $75M

Nuclear operators will face a liability ceiling of $1 billion, up from the current $75 million that has stood for four decades, under proposed new federal legislation.

The change is expected next fall when Parliament resumes following the summer break, Natural Resources Minister Joe Oliver told a nuclear conference on Monday.

Nuclear operators will still be exclusively liable for nuclear damage, with no need to prove fault.

Canada also plans to join the International Atomic Energy Agency's convention on supplementary compensation for nuclear damage, which would add another $450 million to the compensation pool by drawing on additional funds from member countries, said Oliver.

Environmentalists want unlimited liability, but nuclear proponents say that would encourage a company involved in an accident to declare bankruptcy and walk away, leaving governments on the hook. THE CANADIAN PRESS

Fire bombings

No proof of hate crime, police say

Montreal police say they haven't managed to link a series of weekend fires at kosher restaurants and a private home.

A spokesman for the police service says there wasn't one single modus operandi in the three attacks in three days — two of which targeted kosher restaurants and one a private home in a predominantly Jewish neighbourhood.

Spokesman Simon Delorme says they haven't found evidence the attacks were aimed at any one community in particular.

THE CANADIAN PRESS

Star astronaut to keep his feet firmly on Earth

Canadian Space Agency. Chris Hadfield announces retirement, looks forward to 'the next phase of life'

Chris Hadfield has announced he's retiring from the space program and moving back to Canada after decades away from home.

The famous astronaut announced Monday that he is leaving the Canadian Space Agency next month, and will also be leaving behind his longtime home of Houston, Texas, where he built his career as an astronaut.

"(I'll be) making good on a promise I made my wife nearly 30 years ago — that yes, eventually, we would be moving back to Canada," Hadfield said during a news conference at the Canadian agency's headquarters, near Montreal.

Win some, lose some
5%
Hadfield says he's lost up to five per cent of his bone density in some areas. But, because he exercised two hours a day while in space, he's able to bench-press more than he used to.

Prime Minister Stephen Harper greets Canadian astronaut Chris Hadfield at 24 Sussex Drive, the official residence of the prime minister, in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

"I'm looking forward to the next phase of life."

He said he's ready to pursue private interests, outside government.

Hadfield said he hasn't decided what he will do next, but plans to do presentations on space while reflecting over the coming year on his next move.

Hadfield gained international prominence during his recent six-month trip to the International Space Station, where he used social media to share experiments, photographs and even a memorable music video. THE CANADIAN PRESS

philosophy

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Transition

Lululemon starts search for new CEO

Lululemon Athletica Inc. says it will begin looking for a new leader as chief executive Christine Day announced she is leaving the company. Day, who offered little explanation for her departure, said she will remain with the retailer while the board searches for a new CEO. This year, Lululemon had to pull its black Luon yoga pants from store shelves for being too sheer. THE CANADIAN PRESS

Market Minute

DOLLAR 98.14¢ (+0.08¢)

TSX 12,382.67 (+9.37)

OIL $95.77 US (-26¢)

GOLD $1,386 US (+$3)

Natural gas: $3.80 US (-3¢)
Dow Jones: 15,238.59 (-9.53)

Teenage girls prepare a beer bong prior to a concert in this file photo. An editorial in the Canadian Medical Association Journal says alcohol advertising aimed at young women is more likely to be viewed by young girls. GETTY IMAGES FILE

Alcohol ads influencing teen girls, medical journal says

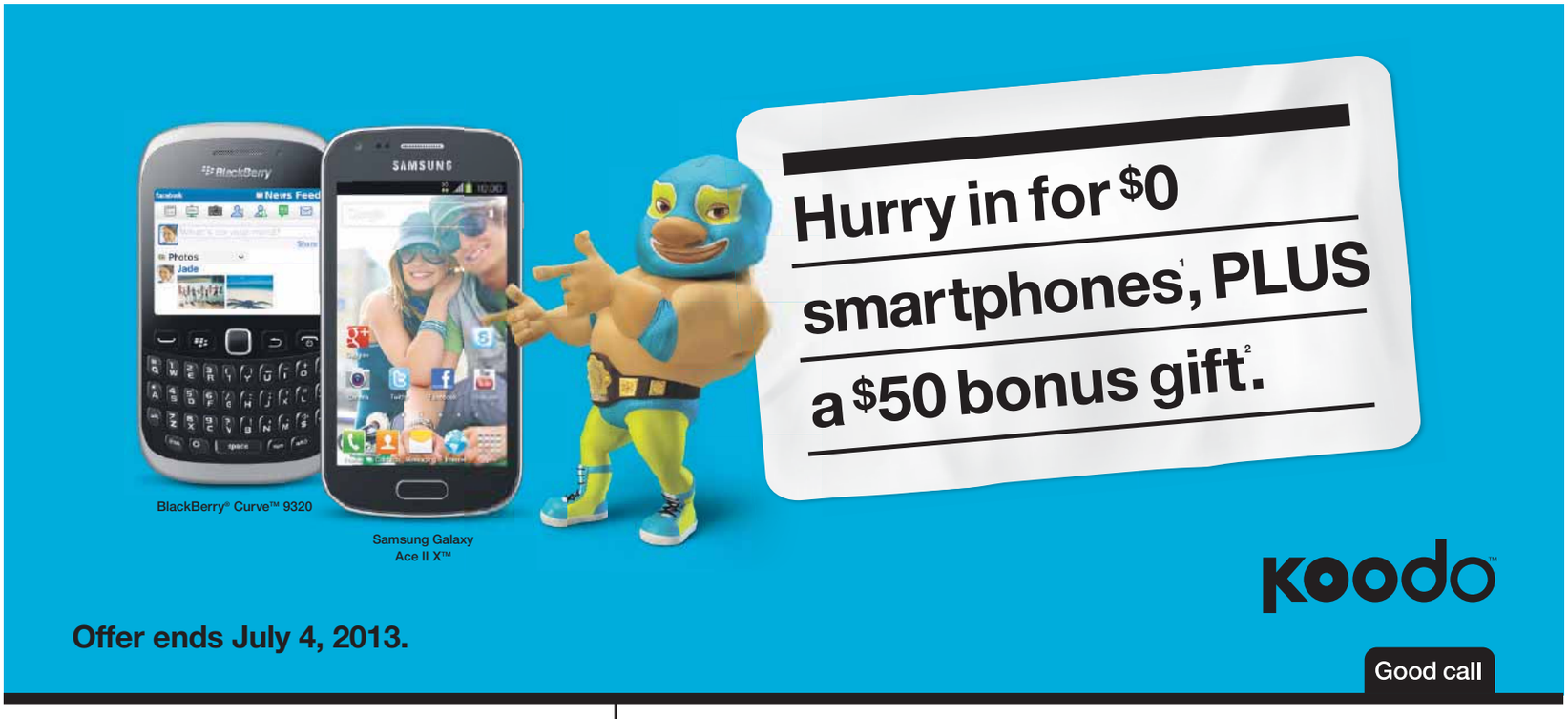
Risks of drinking. Health warnings should be put in ads, editorial argues

A medical journal is raising concerns about alcohol advertising, saying young girls are being influenced by the ads.

The editorial in this week's issue of the Canadian Medical Association Journal says health warnings should be embedded in alcohol ads, so that young girls understand the risks of drinking.

The author, Dr. Ken Flegel, says parents should also model responsible alcohol consumption for their children.

The editorial says studies from the U.S. show that alcohol advertising aimed at young women is being viewed more commonly by young girls. The studies also show that increased exposure to alcohol advertising is linked to an increase in drinking in adolescents. THE CANADIAN PRESS



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Erin Mills Town Centre
Fairview Mall
Fairview Park Mall
Georgian Mall
Heritage Place
Hillcrest Mall
Lambton Mall
Lansdowne Place
Lime Ridge Mall
Lynden Park Mall
Mapleview Shopping Centre
Markville Shopping Centre
Masonville Place
Milton Mall
New Sudbury Centre
Northgate Shopping Centre
Oakville Place
Oshawa Centre
Pen Centre
Pickering Town Centre
The Promenade
Scarborough Town Centre
Seaway Mall
Sheppard Centre
Sheridan Centre
Sherway Gardens
Square One
Station Mall
Stone Road Mall
Tecumseh Mall
Toronto Eaton Centre
Upper Canada Mall
Vaughan Mills
White Oaks Mall
Woodbine Centre
Yorkdale Mall

WHY THE #@$% CAN'T I SWEAR?

SHE SAYS

Jessica Napier
metronews.ca

Last Sunday, like every Sunday before that, my boyfriend and I went for brunch. Halfway through our meal, a neighbouring diner interrupted our conversation to reprimand us for using foul language in close proximity to his daughter who looked to be about 11-years-old and had surely heard these common curse words before.

I hadn't even been conscious of the tone of our discussion up until that point. We weren't cussing like a couple of drunken sailors; we'd perhaps let a few relatively harmless obscenities slip into our casual conversation about bedroom furniture.

Even though we both agreed the overreacting dad was being unreasonable, I glared at my boyfriend to encourage him to let it go — because it would have been even more uncivilized to get into a full-blown confrontation over our $18 eggs benedict.

After we left the restaurant we got into a discussion about parenting and whether or not we should feel obligated to watch our mouths around other people's offspring. I know there are certain times when conversations shouldn't steer into R-rated territory, but this wasn't one of those situations. It was 1:30 in the afternoon and the table next to us was enjoying their third round of mimosas; it wasn't exactly Chuck E. Cheese's.

Swearwords are usually employed out of laziness. There's almost always a more eloquent and imaginative way to get your point across, but sometimes we can't help ourselves. If you've ever stubbed your toe or gotten a parking ticket two minutes after your time expired you'd be forgiven for letting out a reactionary expletive. My parents were never the type to wash my mouth out with soap (perhaps that's obvious at this point) so I've never thought it was all that taboo to pepper conversations with emphatic vulgarities from time to time.

Like all forms of language, obscenities are cultural constructs that have a tendency to evolve over time. I don't deny that using profanity can be derogatory and offensive at times, but it's important to remember that there's nothing inherently evil about a collection of arbitrary syllables. It's not the words themselves that are immoral; it's how we use swearwords that give them their power to offend.

So while running a foul mouth in public might be in poor taste, I have to wonder if it's really all that damaging for young ones to overhear the F-word while enjoying a plate of French toast. I respect everyone's right to make their own parenting decisions, but it's a bit futile to try and shield your children entirely from the colourful language of everyday life in a big city.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Duck's swan song in Hong Kong

IMAGINECHINA/REX FEATURES

Famous rubber duck leaves town

Thousands turned out to bid farewell to a giant inflatable rubber duck that has captivated Hong Kong.

The southern Chinese city has taken the 16.5-metre duck, created by Dutch artist Florentijn Hofman, to its heart since it arrived at the beginning of May. The duck is now headed to Pittsburgh.

Hong Kong has been in the grip of duck mania for the 40 or so days the rubber duck was docked at the harbour. Stalls and shops sold merchandise ranging from T-shirts to duck tote bags. Restaurants created special duck dishes.

"I hope that it can bring happiness to the people in the different countries it visits," said 30-year-old Hong Kong resident Sam Tsang. METRO

Quoted

"The friendly, floating rubber duck has healing properties: It can relieve tensions as well as define them. The rubber duck is soft, friendly and suitable for all ages!"

Florentijin Hofman
Dutch conceptual artist

Florentijin Hofman's floating duck sculpture arrived in Hong Kong's Victoria Harbour with much fanfare on May 2. GETTY IMAGES

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

GETTY IMAGES

The pending launch of the Xbox One and the PS4 have made the annual video game frenzy of E3 a little frothier than usual. Follow these sites for the goods on all the reveals, previews and cynical snark as it happens.

Polygon:
One of the Internet's slickest sites is happily backed up by a talented group of clever writers, many of whom have joined the E3 swarm in Los Angeles. (polygon.com)

The Escapist:
An all-purpose entertainment and culture site, Escapist is also the soapbox for curmudgeons like Jim Stirling who can always be depended on to gleefully skewer the plentiful marketing speak. (escapistmagazine.com)

Joystiq :
AOL's top gaming portal has been around forever, and sometimes that age shows. But if you're looking for a robust roundup of the day's events you can absorb with a glance, Joystiq is about as reliable as it gets. (joystiq.com)

Twitter

@metropicks asked: It was reported NSA collects data from your web activity and cell use. Why do or don't you care?

@PetRideHalifax: well, since 99% of what I do is to promote my business I really don't care what NSA does.

Hopefully they retweet!

@laurafabulous: they can look at all the redtube videos I've watched and read all my sexts. I'm not ashamed!

Follow @metropicks and take part in our daily poll.

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TARGET

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Joan and Melissa Rivers continue to sound off on fashion faux pas on their show Fashion Police. THE ASSOCIATED PRESS

Joan Rivers turns 80, plans to work 'forever'

No fashion fogey.
Show biz veteran talks about her decision to do Fashion Police and the snark that keeps her young

"I'm having a great time," Joan Rivers crows before offering a brisk self-appraisal: "Everything is working; my mind is fine.

"The only time I play the age card is on planes when I'm trying to put a bag above the seat: 'I am 80 years old! Would someone PLEASE help me?!'"

Actually, she only turned 80 on Saturday, a milestone that has prompted the E! network to stage a Joan Rivers "takeover." Its regular one-hour edition of Fashion Police (airing Friday at 10 p.m. EDT) will be a black-tie birthday salute, preceded nightly through Thursday by special half-hours (at 10:30 p.m. EDT) featuring guest appearances by celebrities and even victims of past fashion slams.

This means frequent-flier Rivers would soon be back on a plane for Los Angeles to tape this five-day marathon while she marvels at the success of Fashion Police, which, since premiering three years ago has only tightened its grip in entertainment culture as a wicked hybrid of style and snark.

Rivers is well-served by her co-hosts Giuliana Rancic, Kelly Osbourne and George Kotsiopoulos, all of whom can deliver shrewd analysis as well as piercing gibes at red-carpet infractions.

But Fashion Police is perfectly tailored to the comedic skills of Rivers, as demonstrated by her 46-years-and-counting in show biz.

Hear her hail Uma Thurman, sheathed in Versace at the Cannes Film Festival: "This gown is so feminine, so silver — it's the Anderson Cooper of dresses!"

Hear her skewer a baggy, dizzyingly hued Alexander McQueen jumpsuit worn by actress Marion Cotillard at a Crash Magazine party: "The pattern looks like Precious sat on somebody's butterfly collection."

Sure, it's Police brutality, but Rivers and her "Joan Rangers" are never less than arresting.

At first, Rivers resisted the urge to do the show.

"I remember, I was in Vegas on a treadmill — cause you STILL try! — saying to my agent and (daughter) Melissa, 'cause Melissa's exec-producing, 'You're crazy! I'm not gonna do this! I'm not gonna commute!"'

Her mind was changed.

"We do the jokes, and we tell the truth, too," Rivers sums up proudly. "E! told me, 'Whatever you want to say, you say.' We're having so much fun! And our lawyers are so dear."

How long does she plan to keep working?

"Forever," says Rivers. This time, she's not joking.

THE ASSOCIATED PRESS

Comedy

This is the End

Directors. Evan Goldberg and Seth Rogen

Stars. James Franco, Seth Rogen, Jay Baruchel, Jonah Hill

●●●●○

The cast of the films of Rogen and Goldberg's past find themselves stuck in Franco's fortified Hollywood mansion during the rapture. The actors, forsaken by God, find themselves with a respectable stash of food, booze, drugs and porno mags to help pass the time as they hide out from Satan. But as time goes by, the food and water dwindles and the friends begin to turn on each other. Based on a short from 2007 called Jay and Seth vs. The Apocalypse, Rogen and Goldberg have cobbled together a comic gem in This is the End. There's plenty of cameos from some of Hollywood's biggest names, all who seem intent on one-upping each other in the self-deprecation department. And while the last few Rogen-backed comedies have felt a little stale, this one is as fresh and fun as Pineapple Express — complete with a camcorder-filmed Pineapple Express sequel.

LIZ BROWN

DVD reviews

Oz the Great and Powerful

Director. Sam Raimi

Stars. James Franco, Mila Kunis, Michelle Williams

●●●○○

The yellow brick road is littered not just with potholes (as we alarmingly learn in Oz the Great and Powerful), but also the broken bones of previous attempts to reconjure the magic of Victor Fleming's 1939 classic film and the source Oz novels by L. Frank Baum. But this return trip to the Emerald City makes a relatively safe landing — perhaps too safe for fans of director Sam Raimi's Evil Dead and Spider-Man franchises, which played with genre expectations. It's both a strength and a weakness of Oz the Great and Powerful to be a true prequel, one that foregrounds James Franco as the wizard but otherwise doesn't monkey too much with Oz mythology or the 1939 movie that everybody has seen. The story is constructed with monochrome-to-colour transitions and Kansas-to-Oz character links that follow a familiar path.

PETER HOWELL

Hansel and Gretel: Witch Hunters

Director. Tommy Wirkola

Stars. Jeremy Renner, Gemma Arterton

●●○○○

Once you get past the mildly amusing idea of a grown-up Hansel (Jeremy Renner) and Gretel (Gemma Arterton) seeking violent payback for childhood trauma, the joke gets old very quickly. You see one exploded head or bullet-ridden hag, you've seen 'em all. The film isn't funny enough for comedy or scary enough for horror, and the anachronisms are ludicrous. The story is set in a medieval European village, but Hansel packs a machine gun and also takes insulin jabs for the sugar addiction forced upon him by an evil witch.

PETER HOWELL

Time flies just like Counting Crows

August and Everything After 20-year milestone.
Lead singer Adam Duritz reflects on his time in the band and highlights why independence is crucial in today's music industry

NED EHRBAR
Metro World News in Hollywood

Fair warning: This will probably make you feel old. The Counting Crows' debut album, August and Everything After, was released 20 years ago. Crazy, right? The anniversary has also snuck up on Counting Crows frontman Adam Duritz, who says there are no plans to cash in on the milestone. Instead, the band is looking forward, embarking on a summer tour across the U.S. with fellow '90s stalwarts the Wallflowers. Duritz took some time out to talk to Metro about looking back on those 20 years.

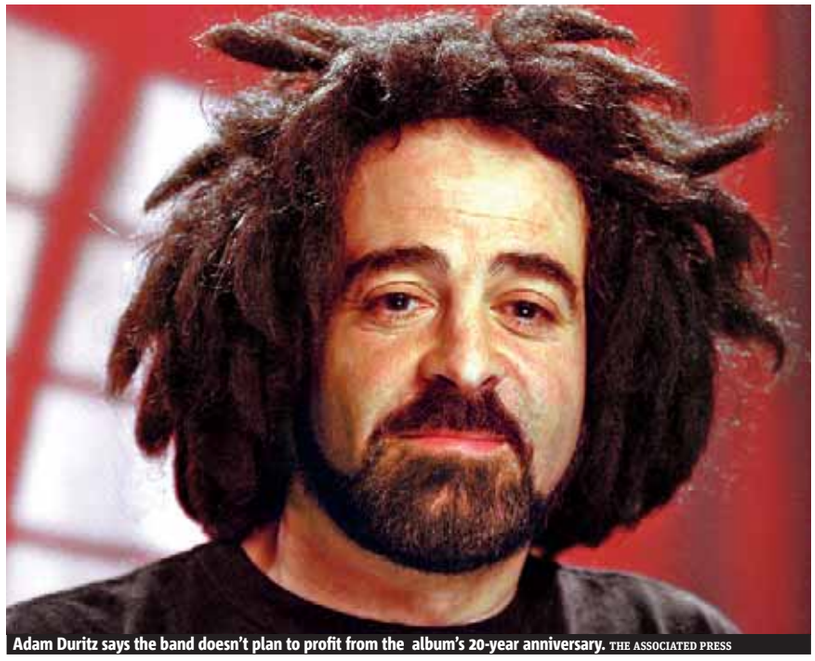
I can't believe it's been 20 years since August and Everything After came out.
For me it doesn't really seem like that either. I would probably not think about it being 20 years at all except that people keep saying it to me. I don't really look at it any differently than I do the other albums. It happened to sell a lot more, but that didn't have much to do with me. The job that we were going to do on the album was done long before anybody bought 10 million copies of it.

What sticks out in your memory of making that album?
It was a difficult album to make. It's sort of where I took over the band, and because I was lame at being a band leader back then, that made it hard on the other guys — because I didn't take over the band in the best way, and that made life really hard on everyone while we were making that record. Since then we've done a lot of years on buses and a lot of tours and made a lot of records I really love.

Any plans to celebrate the anniversary?
I'm waiting for something more significant, some sort of trumpet fanfare to make me realize it's been 20 years since that record came out. That really hasn't happened, partially because we didn't do anything to mark it. We did a deluxe album years ago and we did the live album, which was just all of August and Everything After played live, a couple of years ago, so there isn't really anything left to do other than make another 20-year release to get people's money for it. But we're not going to do that. There isn't any good reason to.

You guys were early adopters in using social media to connect with your fans.
I remember right when I moved to Los Angeles after we finished touring on August and Everything After — like 1995 — I realized at some point in there that AOL had forums for all these different bands, like message boards, and there were people on there on the Counting Crows board just talking about our music. So I went on it and told people who I was — it took a little while to convince people — and my thought was, here's a way to talk directly to your fan base. You don't have to go through radio, you don't have to go through print. I mean, all of those are useful, but it's kind of useful to be able to go yourself, too. I mean, it was social media in a way before there was social media. It never hurts to be able to go directly to people. It's necessary now, especially if you're going to be independent.

You've been pretty independent for a while. Considering the landscape of the music industry, could you ever see yourself going back to a big label?
I want to work with people who simply have a good business model, and the record companies' business model is not particularly good. They still can only think about selling things through radio and making really expensive videos and that's about it. Those things are all great, but there's more to it than that. And also, they want to give you 10 per cent and take 90, which I'm sorry that just doesn't seem smart to me.


Adam Duritz says the band doesn't plan to profit from the album's 20-year anniversary. THE ASSOCIATED PRESS

Meet Jeannette Walls
The author of the best-selling memoir,
THE GLASS CASTLE discusses her new novel

THE SILVER STAR

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Go to heel: Sarah gets her foot in the shoe biz door

THE WORD
Dorothy Robinson
scene@metronews.ca

Watch out Ivanka Trump, Rachel Bilson, Halle Berry, Fergie, Jessica Simpson, Santana and the seemingly endless list of celebrities who have a shoe line — Sarah Jessica Parker is stepping into the business.

The actress, who famously portrayed the shoe-obsessed Carrie Bradshaw in Sex and the City, is launching her own line of footwear, trenches and purses called SJP. The line will be available next year at Nordstrom. According to Vogue, she is teaming up with George Malkemus, the longtime CEO at Manolo Blahnik for the line, because she is basically going to milk the character of Carrie Bradshaw until there isn't a drop left. As for the SJP line, "It's sort of soup to nuts," she tells the magazine.

"You put on a shoe and you put on a coat and you wear a bag and, on the outside, when you're walking down the street, they really can tell the same story about yourself."

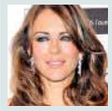
And that story is: You have a lot of money (or at least a high credit line) as the shoes will range from $200 to $300, and bags will likely sell for around $700.

You won't find him in da club

Sometimes it's not so easy for Justin Bieber to have a good time. The Canadian pop star was refused entry at Lure nightclub in Hollywood this weekend, according to E! News. "Someone from Justin's team had come earlier in the day and told the club that he would be showing up. The club told him they wouldn't let him in because he's not 21," a source says. "Bieber came anyway and tried to sneak in through a back door." But his plan was no match for a well-intentioned shout-out from rapper the Game: "The Game was on the mic at this point and saw Bieber trying to get in and shouted that Bieber was on his way inside," the source explains. "That's when security saw him and escorted him out immediately. He left right away."

Twitter

@JuddApatow
I can ruin a full day of healthy eating and exercise in the thirty seconds right before my face hits the pillow.



@ElizabethHurley
On way to Moscow. Two hours sleep. zzzzzz on flight.

@pattonoswalt
The way I feel about TV on Sunday is the way I used to feel about movies on Friday. TV is better than movies now. Accept it and drive on.

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Hold your breath and dive in, it's yoga for you swimmers

Summer trend. Glide your way through the water with this yoga sequence dedicated to swimmers

ROMINA McGUINNESS
life@metronews.ca

She gets a 10 out of 10 for effort. WSPORTS CONCEPTS

Are you into looking good at the pool? You'll need more than a hot swimsuit.

"If you want to improve your swimming technique and stamina, all you're going to need is a flexible spine, a strong core and lung capacity," says Sophie Lewis, yoga teacher at London's Triyoga Studio and personal trainer to elite triathletes. "A regular yoga practice will help develop all these things and enable you to move more effectively through any medium — water or air."

Here's how:

It strengthens your core, helping you push forward more powerfully in the water.

"If you just rely on your shoulder or your upper arm strength, you're going to fatigue very quickly," says Lewis.

"But if you find your strength from your centre, that's a much better platform for stamina and you'll be able to keep going for long periods of time. Just imagine you're swimming in a smartie tube and you want to contain everything into that tube. Drawing your navel centre in and getting the power to push out from your core really helps," she explains.

It deepens and lengthens breath

"As a swimmer, you want to increase your lung capacity. But once you hit the cold water, the tendency is to panic," says Lewis.

"Breath becomes shallow and doesn't go all the way down to the belly. Alternate nostril breathing maximizes the flow of breath through both nostrils equally.

"This is good preparation for bilateral breathing (lifting the head alternately right then left out of the water to breath) and a vital warm up for the lungs."

Get started

Sophie Lewis' pre-pool warm up

"To warm up the shoulder girdle and prepare the body for the swimming action, get into revolved triangle. Then circle the raised arm, reaching forward alongside your face to open the side flank (the fleshy part of the side between the ribs and the hip). Let your arm fall in front of your chest, circling it back to the hip and up to sky."

Puppy Dog

Start on all fours with your knees hip-width apart and hands shoulder-width apart. Stack your hips above your knees and walk your arms out in front of you. Hug the upper outer arms in and press into your palms.

Cow face arms with strap

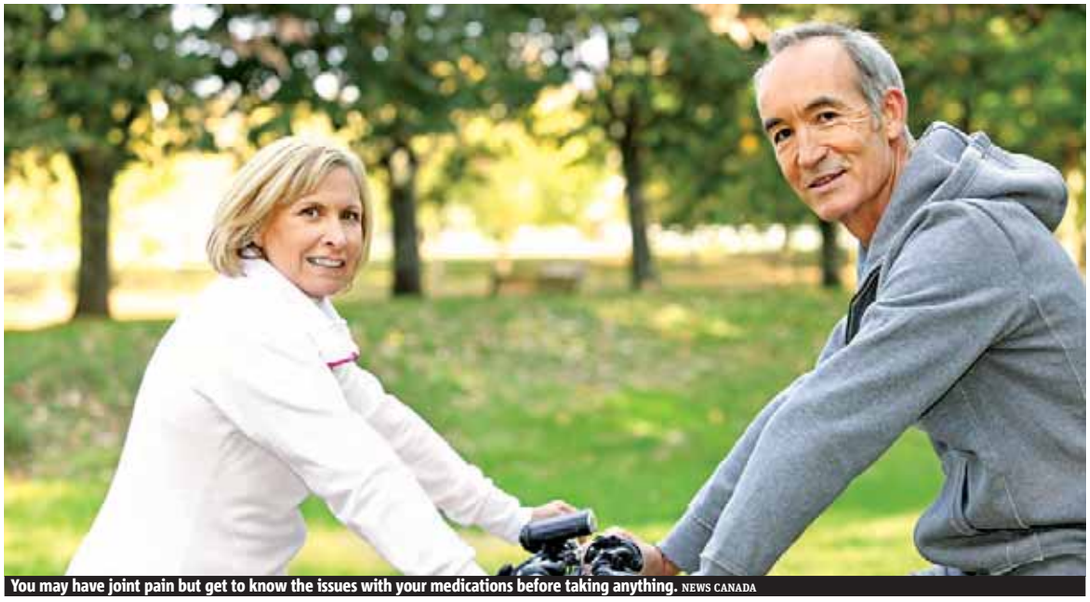
Begin seated, with both knees bent and both feet flat on the floor. Lower your right knee, then drag your right foot under your left knee and next to your left hip. Lay your left leg on top of your right leg and put your left foot by your right hip so your legs mirror one another. Reach your left arm straight up and drop your right arm down. Bend both elbows, swinging the right hand up your spine until you can clasp your hands behind your back. Use a strap if you cannot reach your other hand.

Half moon with a block

Start with legs a few feet apart, one in front of the other. Gaze downward and bend your front knee as you extend your front arm, bringing your fingertips to rest on the front of your toes. Lift your rear leg up until it is parallel with the floor. Straighten your front leg and draw your left glute inward to open your hips. Lift your top arm straight up and stack your shoulders. Move your gaze upward to further challenge your balance. Repeat on the opposite side.

Pain relief 101: know your meds

Health issues. Opioids can be highly addictive and anti-inflammatory drugs have been linked to a whole list of health issues



You may have joint pain but get to know the issues with your medications before taking anything. NEWS CANADA

'Tis the season to get outside and enjoy the sunshine with friends and family. But for the 10 per cent of Canadians that The Arthritis Society says are living with osteoarthritis (OA), enjoying the warm weather isn't always easy. Activities such as biking, golfing and gardening, for example, may be a challenge if they are suffering with chronic knee pain.

"The pain of knee OA can not only impact one's lifestyle, it can also have negative effects on productivity at home and at work, and on emotional health," says Dr. Philip Baer, Rheumatologist. "Working with a doctor to develop an individualized treatment plan can help patients with knee OA better manage their pain, so they can reconnect with their lives."

While there are a number of medications available to reduce the pain and discomfort associated with OA of the knee, it's important to ensure that pain is managed in the safest way possible. Following these tips can help.

Know the risks

There are risks associated with some pain relievers. Opioids, for example, may be highly addictive, while gastrointestinal bleeding has been reported with use of non-steroidal anti-inflammatory drugs (NSAIDS), and high doses of acetaminophen can lead to liver toxicity. There are other treatments, however, that can provide effective pain relief, are non-addictive and well-tolerated.

Don't mix

The effect of some medications can sometimes be increased or decreased when administered in combination with other medication, including prescription and over-the-counter (OTC) drugs, and even food. A health-care professional can advise on any potential interactions between medications.

Quote

"The pain of knee OA can not only impact one's lifestyle, it can also have negative effects on productivity at home and at work, and on emotional health."

Dr. Philip Baer
Rheumatologist.

Don't overdo it

As specified by a health-care professional, when taking prescription and OTC medications, including acetaminophen or ibuprofen, do not exceed the maximum daily recommended limit.

Read and follow the label

Always follow the instructions for use of any prescription and OTC medications. It is also a good idea to address outstanding questions or concerns with a health-care professional.

Talk to a doctor

People with chronic pain should always consult their physician before beginning a new medication. NEWS CANADA

Best Health

Sunshine, lollipops and ... allergies?

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Can you be allergic to sunshine?

Yes, but a true sun allergy— called solar urticaria — is very rare, affecting an estimated 0.5 per cent of people.

"Some 10 per cent of the world's population might have a skin reaction when exposed to the sun," says Dr. Gordon Searles, a dermatologist and president of the Canadian Dermatology Association in the latest issue of Best Health magazine, on newsstands now.

And we're not talking about sunburn here.

The reactions can be broken down into two types: sun allergy and sun sensitivity.

"People with an allergy will break out in hives when exposed to the sun, in the same way that someone who is allergic to shellfish would break out in hives," Searles says.

The reaction is very quick, and the way to treat it is to avoid the sun. But unlike other allergies, it's not life-threatening — just uncomfortable.

Sun sensitivity, on the other hand, is far more common.

It's characterized by little red itchy bumps or patches of redness like a rash, and the reaction is delayed.

It doesn't happen until later in the day or even the day after sun exposure and it can look like an exaggerated sunburn, says Searles.

While some sun sensitivities can be a side effect of certain medications, the most common cause is called polymorphous light eruption, which is an internal immune system reaction to sun exposure.

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The reaction to sun allergy is almost immediate. ISTOCK PHOTOS

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Navigating your children through toxic coaching

More than a game. Do some research on your kid's potential sports team before having them join to ensure you avoid ego issues

ALISON BOWEN
Metro World News

Ease your kid into new sports. ISTOCK PHOTOS

With deadlines approaching for summer — and even fall — sports teams, now is the time to find the right environment for your children.

But identifying the right one out of a slew of options can be stressful, and experts suggest taking the time to find a good fit.

Luis Fernando Llosa, co-author of Beyond Winning: Smart Parenting in a Toxic Sports Environment, recommends waiting until kids are 11 or 12 to sign them up — something he acknowledges is unusual.

But this allows children time for developmental stages, he said, "rather than having a coach barking at them all the time and telling them what to do."

Those barking coaches are another thing to avoid, he advises.

"Find out whether the coach is ego-driven or not," Llosa said. "They're doing this more for themselves than for the kids they coach, and they have very little training in child development."

Aaron Finkel had so much trouble deciding among the "dizzying" number of sports options and deadlines that he launched a website last month, New York Sports Connection, to track teams.

"There are so many different options for parents," he said, which can become overwhelming.

Many moms and dads also miss deadlines — something he did once and hopes to never do again.

"I missed the deadline for my son once to flag football," he said. "I never want to see that look on his face again."

Helpful tips

Llosa gives the following tips to foster a positive sports experience

- **Keep it simple.** Play one sport per season.
- **Variety.** Play different sports during different seasons.
- **Switch it up.** Choose one activity per year that includes development and balance.
- **Get to know.** Study the history of a sport

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Ensuring you get a good night's sleep is easier than ever. ISTOCK PHOTOS

Forget counting sheep

Sleep problems. Don't spend the whole night tossing and turning, these tips can help you get back to your dream land quickly

Summer's here — the sun is shining and you may be feeling restless and unable to sleep. Lack of sleep can often come upon us when the seasons shift. The heat and humidity of warmer months can make it difficult for some to sleep, especially for people who don't have air conditioning.

Canadian physicians recognize the importance of a good night's sleep. One way to improve your sleep is to maintain a cool bedroom temperature. Here are some other useful tips.

Make your day work for you.
Daily exercise and a consistent routine of going to bed and waking up at the same time will help program your body to wind down when it's time to sleep. Calming activities, such as leisure reading, will also help you relax and ease the transition into deeper sleep.

Create a sleep sanctuary.
Dim the lights in the evening to tell your body bedtime is approaching and sleep in a dark room. Your bedroom should be a sanctuary from all the stresses of the day.

Keep it cool, quiet and free from distractions.
While room lights, TV, computers and other electronics illuminate our worlds well beyond nightfall and give us the ability to stay active after dark, scientists are now contemplating how this prolonged exposure to light might interfere with our bodies' naturally-programmed sleep patterns. In other words, computers, cellphones and work assignments should be out of sight.

Have a backup plan.
Lessen the pressures of trying to fall asleep by selecting a calming activity that's right for you. If you're not sleepy, simply get out of bed and do something relaxing in dim light. Return to bed only when you are sleepy.

Talk to your doctor if sleeplessness persists.
Sometimes lifestyle changes and behavioural approaches are not enough to correct the issue. NEWS CANADA

Sleep aids

A variety of over-the-counter (OTC) medications are available to treat occasional sleeplessness.

- **Get help from meds.** For more tips on getting a better night's sleep, visit zzzquil.ca.

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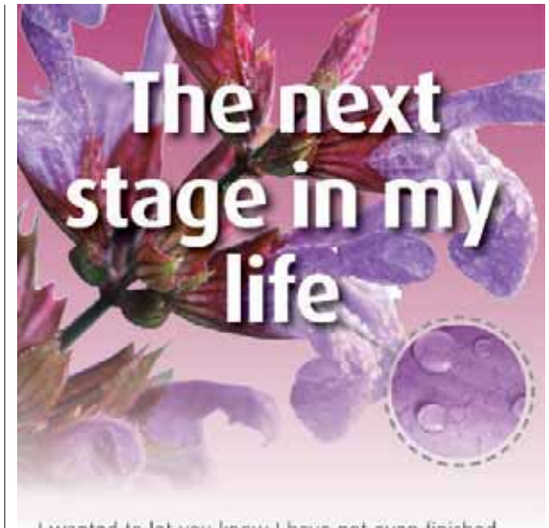

I wanted to let you know I have not even finished my first bottle of Menopause and already I have had amazing results. After about two weeks I saw a decrease in hot flashes and now in the final week of my bottle I have had a great reduction in the number and severity of the hot flash. I cannot thank you enough for this product.

Kerry Baker, BC

This product is a miracle!! I have been experiencing interrupted sleep for years due to peri-menopause. After only 1 week I am sawing logs. THANK-YOU!

Merci, Pam

When I started taking Menopause I was having 15-20 hot flashes per day and within two weeks they were reduced to two during the night and maybe two during the day. Your product is amazing and taking only one a day is very convenient. Thanks for making my menopausal days that much easier.

Diane Lindsay, Picton, ON

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ALISON BOWEN
Metro World News

Embrace your baby bump. ISTOCK PHOTO

After advising countless pregnant clients, Kristin McGee is now able to take her own advice.

The celebrity trainer is expecting her first baby in July, and she is keeping fit to feel healthy throughout her own pregnancy.

"Don't be afraid to be a sexy mom," she advises moms-to-be. "Know you can still rock cute outfits that hug your curves. Don't hide in baggy clothes."

Prenatal yoga has helped, she says — it's specifically structured with poses that fight the discomforts of pregnancy and highlight relaxation and breathing exercises to cut stress. But avoid deep twists like a seated spinal twist, she cautions.

In her first trimester, yoga helped ease her nausea, and in the second she slept better, she says, another perk she attributes to yoga.

McGee gave Metro five tips on keeping healthy during pregnancy.

She's certified in yoga and pilates, but even if you don't — or can't — regularly hit the gym, these tips will keep you feeling your best.

Don't burn the tank tops

"Know you can still rock cute outfits that hug your curves. Don't hide in baggy clothes."

Kristin McGee
Celebrity trainer

Keep moving.
"You may feel tired, nauseous, low energy throughout your pregnancy, but I promise moving even just in small amounts helps beat fatigue, combat nausea and boost energy."

Do some yoga
"I've continued my practice, and I swear it's helped me not only feel better physically but also mentally. It's also helped me really bond with my body as it changes and my baby as he grows inside of me."

Drink lots and lots of water. Lots.
"This one is hard because the trips to the bathroom become more and more frequent, but it's super important to stay hydrated. Get some naturally flavoured waters like Hint or make a big pitcher and add lemons, oranges, cucumbers and berries to it. I drink a lot of caffeine-free teas that are safe during pregnancy and put them on ice as well. Also, coconut water is very hydrating and helpful."

Tone with Thera-Bands
"These are lightweight yet add resistance. You can sit on the floor, legs straight out in front of you, and loop the band around your feet. Hold each end in your hands and do some low rows, high rows, bicep curls, etc."

Breathe deeply
"Give yourself a few moments each day to connect with your breath and tune in to your body."

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Whey Better Protein by: Shannon Kadlovski, BA, CNP

When it comes to choosing a protein powder, not all things are created equal. For athletes, as well as for those simply looking to increase their daily protein intake, it is often recommended to consume a daily protein smoothie. This provides increased energy, muscle repair, appetite control, and nourishment to the body. While it is common to consume protein powders for increased health, not all protein powders contain healthy, nourishing ingredients. In fact, some are actually loaded with added sugar, artificial sweeteners, fillers, GMOs, hormones and antibiotics, as well as other artificial and unhealthy ingredients. So, if your intention is to get healthy or stay healthy, you must make sure that you are choosing the right type of protein powder.

When Choosing a Whey Protein Powder Consider These 4 Tips:

1. Choose New Zealand Whey – It is the cleanest and purest whey available. The New Zealand Dairy industry has incredibly high standards for product safety and the humane treatment of their cows. Their cows are never injected with growth hormones, antibiotics, genetically modified organisms, or any other chemicals.

2. Choose a brand with added enzymes such as protease, lactase and amylase – These enzymes help to make the protein more digestible.

3. Choose one that is cold temperature micro-filtered.This ensures the highest quality and biological value.

4. Choose an all-natural brand, free of artificial flavours and artificial colors.

Absolute Smoothie Recipe
1 cup water or coconut water
1 scoop of Absolute Whey protein powder (or 2 tbsp.)
1 tbsp. chia seeds
¼ tsp. matcha green tea powder or ¼ tsp. spirulina powder
½ cup fresh blueberries
½ banana
¼ tsp. cinnamon
handful of kale
* Toss all of the ingredients into a blender and blend until smooth and creamy

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Just a teaspoon full of orange rind helps the stir-fry to wow

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

This great tasting Orange and Pineapple Chicken Stir-fry can be prepped early in the day.

Add a teaspoon of grated orange rind to the sauce for extra flavour.

Ingredients

- 10 oz whole wheat lsoba noodles
- 10 oz skinless, boneless chicken breast, thinly sliced

Sauce

- 3 tbsp brown sugar
- 1 cup chicken stock
- 1/3 cup orange juice
- 1 1/2 tbsp cornstarch
- 2 tbsp soya sauce
- 2 tbsp sesame oil
- 1 1/2 tsp each crushed garlic and ginger root

- 2 tsp vegetable oil
- 1 1/2 cups chopped asparagus
- 1 cup sliced red peppers
- 1 cup chopped baby corn
- 3/4 cup sliced water chest nuts
- 1 cup pineapple pieces
- 3/4 cup mandarin oranges

1. Cook noodles in boiling water according to package instructions or until firm to bite. Drain and place in serving bow.

2. In nonstick skillet sprayed with vegetable spray, sauté chicken just until it is browned but not cooked through. Remove chicken and set aside.

3. Sauce: In bowl combine sugar, stock, orange juice, cornstarch, soya sauce, sesame oil, garlic and ginger. Mix. Set aside.

4. In skillet, heat oil; sauté asparagus and red peppers just until barely tender, approximately 2 minutes. Add corn, water chestnuts, pineapple pieces, sauce and chicken. Cook just until chicken is no longer pink and sauce has thickened slightly, approximately 2 minutes, stirring constantly. Add mandarin oranges. Pour over pasta and toss. ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN

This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

Lunch. Greek-Style Turkey Burger

Ingredients

- 1 1/2 tbsp olive oil
- 1/2 cup finely chopped yellow onion
- 5 oz baby spinach
- Kosher salt and ground black pepper
- 1/4 cup non-fat plain Greek yogurt
- 1/4 cup low-fat mayonnaise
- 2 tbsp minced seeded pepperoncini
- 1 tbsp liquid from the pepperoncini jar
- 2 tsp lemon juice, or to taste
- 1 tsp minced garlic
- 3 oz crumbled feta cheese
- 2 tbsp chopped oregano
- 1 lb ground turkey
- 4 whole-wheat hamburger buns

1. Heat the grill to medium.

2. In skillet over medium-high, heat 1 tbsp oil. Add onion and cook, stirring, until golden brown, about 5 mins. Add remaining 1/2 tbsp olive oil and spinach and cook, stirring, until spinach wilts. Season with salt and pepper, then transfer mix to bowl. Chill in refrigerator until cooled to room temp.

3. In bowl combine yogurt, mayo, pepperoncini, pepperoncini liquid, lemon juice, garlic, and salt and pepper to taste. Set aside.

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

4. Once spinach has cooled, remove from refrigerator and add feta, oregano, ground turkey, 1/4 tsp salt and black pepper. Mix well, then shape into 4 patties, each about 1/2-inch thick.

5. Spray burgers lightly with olive oil cooking spray, then grill over medium heat until just cooked through, about 6 minutes per side. Spread some of the yogurt sauce on the bottom half of each bun, then top with a burger. Spoon the remaining sauce over the burgers and top with the remaining bun halves. Serve. THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Health Solutions

Marinade for protection

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

A marinade does more for your meat than just add flavour. It is also protecting you from carcinogens created when you grill meat. Those blackened marks contain taste but there are also cancer causing agents at play, namely heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs). With barbecue season fully upon us, you'll want to know how to protect yourself.

- Marinating meat for merely a minute helps create a protective layer that reduces the protein damage
- Your marinade must contain an acid, like vinegar, and some spices
- Reducing the temperature and preventing charring helps
- Choosing chicken and fish over red meat reduces risk
- Trim as much fat as possible from all meats. The drips and flares make matters worse
- Dry rubs can be mixed with a little bit of vinegar to create the same effect

Classic Marinade Formula

- 1/2 cup oil (grapeseed or canola)
- 1/3 cup fresh citrus juice (lime, lemon, orange)
- 1/8 cup vinegar (various flavours)
- 1-3 tsp dried herbs or spices
- 1-2 tbsp minced shallot, onion, garlic, ginger or any combination of all
- 1 tsp sea salt
- Fresh ground pepper, to taste

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YOUR MONEY
Alison Griffiths
money@metronews.ca

What could you do with $2,322? Well, for one thing, you could drive a small car.

The Canadian Automobile Association estimates that the average annual operating cost, including gas, oil, tires and maintenance of a small car driven 18,000 kilometres a year (in this case a Civic LX), amounts to $2,322.

For a mid-sized car (Camry LE) the tab rises to just more than $3,000. Both test cars were new, four cylinder models and the average gasoline price was pegged at $1.23 a litre.

However, right now only New Brunswick enjoys $1.23 at the pump while all the western provinces — except Alberta at around $1.27 — are well over $1.30. So much for living near the gas supply!

Add in long commutes and less fuel-efficient cars and many Canadians are paying well north of $3,500 annually for their wheels. All the more reason to use these six tips to chop gas costs by as much as 25 per cent.

1. Turn off the ignition
Idling shortens the life of engine oil by as much as 75 per cent and increases gas costs. Excessive use of the heater or air conditioner also boosts gas consumption.

2. Soft foot the pedal
Darting away from a stoplight consumes 40 per cent more fuel than easing away. It also increases emissions by 400 per cent.

3. Be a turtle
Travelling at an average speed of 100 km/h versus 120 will save 20 per cent on fuel consumption. You'll arrive in about the same time and more safely.

4. Don't skimp on maintenance
Regular tune-ups, lubrication and oil changes reduce engine wear and improve gas mileage.

5. Check the pressure
Keeping tires properly inflated improves handling and reduces wear and gas consumption — cutting up to two weeks worth of gasoline annually.

6. Lighten up
Excess weight reduces engine life and decreases gas mileage, especially for smaller cars.

Following all six recommendations could result in savings of between $580 and $750 annually, based on the CAA tests. Not bad for a few changes in driving habits.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

Car culture

Number of cars per 1,000 people:

- **Canada.** 607
- **U.S.** 797

Time to fill up again! But you can save some gas money by changing a few of your driving habits. ISTOCK IMAGES

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Savings strategies for new graduates

It was the best of times; it was the worst of times.

That's how it seems for many graduating students these days. Their debts are high and the chance of finding a good paying job appears to be low, according to the leading pundits. They also advise new grads to pay off their school debts as quickly as possible, to start saving for retirement and for the ever-imminent rainy day.

This may all seem very daunting if you're a grad with two or three part-time jobs who's barely scraping enough together for rent. But the experts at Desjardins Insurance have some suggestions on how all these goals can be achieved through careful planning and creativity.

Create a monthly budget. Setting it up will require a bit of effort, but it's worth it in the long run. Remember these tips:

Keep it simple
It should be straightforward and flexible so it can be easily modified if your income or expenses change.

Set your financial objectives
Your objectives should be realistic, measurable and time-bound. This will help you stick to your budget and to achieve your financial goals.

Be realistic and specific about your spending
Go through your account statements to identify your spending patterns. Each expense item will have its own line in your budget, like housing, groceries, utilities, transportation, school debt payments, entertainment, clothing, etc.

Stay organized
Save all of your receipts and track them against your budget. NEWS CANADA

MAXIMIZE YOUR FERTILITY

MANY WAYS TO IMPROVE CHANCES OF PREGNANCY

According to 2012 Statistics Canada data, up to 16 per cent of heterosexual couples in which the woman is between 18 and 44 years of age are experiencing infertility — that's almost double since infertility was last measured in Canada in 1992.

Not surprisingly, the older the woman, the higher the prevalence of infertility. Yet difficulty conceiving is also rising among younger women, the study found. In 1984, about five per cent of couples with a female partner between 18 and 29 were infertile. By 2009-10, the prevalence for that age group ranged from seven to 13.7 per cent.

"The good news is that women and men can do many things to maximize their fertility," says Dr. Kimberly Liu, a staff physician at Toronto's Mount Sinai Centre for Fertility and Reproductive Health.

Here are six :

KNOW THAT AGE IS A FACTOR

There are many reasons why a woman might not try to get pregnant in her fertile 20s — perhaps her financial situation isn't stable or she hasn't met her partner yet. "We can't change our age, but it's important to be aware that fertility starts declining when a woman is in her mid-30s," Liu says.

TAKE FOLIC ACID

To prevent neural tube defects such as spina bifida in their baby, women should start taking 0.4 to one milligram of daily folic acid supplements two to three months before she plans to get pregnant and continue while pregnant.

QUIT SMOKING AND DRINKING

These habits affect the fertility of both women and men. "No smoking and drinking at all is advisable for optimal fertility," Liu says.

EAT PROPERLY AND EXERCISE

Having a healthy diet and being fit will help conception. "Being underweight or overweight can negatively affect fertility," Liu says.

GET LUCKY THREE TIMES A WEEK

It's more important to have regular sex than try to chart ovulation. "Sperm can stay in a women's system for up to five days," Liu says. "So if a couple has sex three times a week, a steady supply of sperm will be present."

STOP USING LUBRICANTS

They can affect motility, which is the ability of sperm to move properly toward an egg. Mineral oil and canola oil are "sperm-friendly" natural lubricants.

– Jane Doucet

MONKEY BUSINESS IMAGES/VEER

HOW A COMMON MYTH IS BORN

SEPARATING FACT FROM FICTION FOR MAKING A BABY

There are so many misconceptions about getting pregnant that it's surprising that anyone actually does. For some couples, it's an easier accomplishment than others.

According to Dr. Kimberly Liu, a staff physician at Toronto's Mount Sinai Centre for Fertility and Reproductive Health, separating fact from fiction will put you on the right path to making a baby.

Here are six common myths debunked:

1 Abstinence equals a better buildup of sperm. Some couples believe that if they only have sex once a month, the sperm will be "stored up" and they will have a better chance of conceiving. Not so. "Abstinence of more than 10 days leads to poor-quality sperm," Liu says. "It improves your chances of conceiving if you have sex about three times a week."

2 Ovulation occurs when a woman's temperature rises. In fact, basal body temperature rises (by a mere half-degree) after ovulation. The two best days to conceive are the day before and the day of ovulation. "If women wait for a rise in temperature to have sex, it's too late," Liu says.

3 Having sex on certain days will lead to a boy or girl. Believe it or not, some of Liu's patients think this is true. "There is no scientific evidence to support that."

4 Fertility problems occur only in women. Infertility affects both men and women. Men can experience low sperm count or poor sperm motility, while women could have a plethora of pregnancy-preventing conditions, such as a hormone imbalance, a cyst, fibroids or thyroid problems.

5 Healthy women in their 40s can conceive easily. While it's true that some can, many will have difficulty. "When you hear about celebrities in their mid- to late 40s who have had babies, you don't always get the full story on how they were able to conceive," Liu says. "It can give a false sense of how easy it is to get pregnant at that age."

6 It will be a cinch to a conceive again. Fertility problems can occur at any age, anytime, even if a woman has gotten pregnant easily in the past. "Many of my patients are in their 30s and had no trouble conceiving their first child," Liu says.

– Jane Doucet

GORNOSTAJ/VEER

HEALTHY MOMS LEAD TO HEALTHY BABIES

Do you love to work out, and are you also working on getting pregnant? Research reveals that women who exercise regularly and eat nutritious foods before they conceive have lower health risks for both themselves and their babies during their pregnancy.

What's more, according to The Society of Obstetricians and Gynaecologists of Canada (SOGC), women who are physically fit before they get pregnant report having fewer aches and pains and feel that they have more energy throughout their pregnancies.

The SOGC advises that pregnant women should aim for at least 30 minutes of moderate exercise (enough to make you sweat) five days a week. This will help prepare for the physical challenges of pregnancy and labour, and help maintain a healthy body mass index (BMI) during pregnancy.

If you were active for at least six months before you conceived, ask your doctor about whether it's OK for you to continue your sports or workouts safely. As you move further into your pregnancy and your body changes, you may feel mild aches and pains due to looser joints and shifting body weight. You may need to revise your fitness plan each trimester to reduce the risk of falls and limit high-impact activities.

If you weren't active previously, the SOGC advises that you "start low and go slow." Try regular brisk walking, swimming, strength training (make sure the program is tailored to pregnant women) or other low-impact activities that will strengthen your heart and lungs and tone your muscles. It's recommended that you wait until your second trimester to begin a program like this.

WONG SZE FEI/VEER

The R. Samuel McLaughlin Foundation Exercise and Pregnancy Laboratory at Western University in London, Ont., was established in 1989 to conduct research investigating the effects of exercise on the pregnant woman and her fetus.

Michelle Mottola, the lab's director, touts the benefits of exercising while pregnant on the lab's website at uwo.ca/fhs/EPL.

"What a mother eats and how active she is has a huge impact," she says. "Healthy mothers lead to healthy babies, which will then lead to healthy futures."

– Jane Doucet

PAY ATTENTION TO NUTRITION AND FITNESS

When Hollywood entertainer Jessica Simpson was pregnant with her first child, she admitted to eating lots of macaroni and cheese and buttered Pop Tarts. Indulging in those and other food cravings and not exercising led to a 60-pound weight gain before Simpson delivered daughter Maxwell in May 2012.

Simpson has proudly stated that she has only gained half that amount with her second pregnancy (she is due to deliver a boy soon). That's because, this time, she has paid attention to nutrition and fitness.

From a medical perspective, there are valid concerns about a woman who fails to properly nourish her pregnant body. Women of normal weight before getting pregnant are advised to put on between 25 to 35 pounds. Gaining more — or being overweight pre-pregnancy — can make moms more likely to develop gestational diabetes and to give birth to heavier babies who can be harder to deliver.

According to Health Canada, eating a healthy diet of lean protein, whole grains, fresh fruits and vegetables during pregnancy is one of the best things a woman can do for herself and her baby. It's important to keep in mind that the food mom eats is also baby's main source of nutrition.

Supplementing with folic acid, which helps lower the risk of neural tube defects, is also important. Although folic acid is found in some foods, women who are trying to conceive and those who have need a daily vitamin containing 400 micrograms (0.4 mg) of folic acid.

Eating well, combined with taking a daily prenatal multivitamin, can give a woman the nutrients she needs to support a healthy pregnancy.

– Jane Doucet

RECOMMENDATIONS

Health Canada offers these recommendations to ensure a healthy pregnancy:

- Follow Eating Well with Canada's Food Guide to eat the amount and type of food that is right for you and your baby.
- Have at least 150 grams of cooked fish each week. Fish contains omega-3 fatty acids and other important nutrients for pregnancy.
- How much weight you should gain depends on your body mass index.

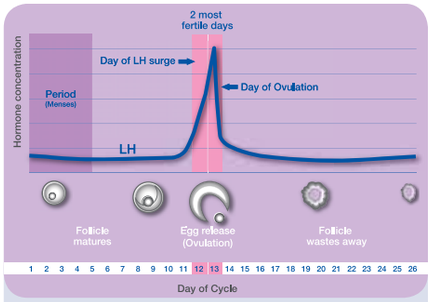
Advertisement

Is it time for a baby?

Maximize your chances by planning for success.

Nothing's more natural than getting pregnant – right? But nature can certainly take her time!

The fact is, there are only a few days each cycle – before and around ovulation – when you can actually get pregnant[1]. Since you're at your most fertile for just two of them, you need to know when those 2 days are. Yet 1 in 2 couples don't – and could be aiming for the wrong time altogether[2]. Which eventually makes trying for a baby more tiring than exciting.


2 most fertile days
Hormone concentration
Day of LH surge
Day of Ovulation
Period (Menses)
LH
Follicle matures
Egg release (Ovulation)
Follicle wastes away
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26
Day of Cycle

© 2011 SPD Swiss Precision Diagnostics GmbH. All rights reserved. Schematic of typical cycle.

As ovulation approaches there is a sudden rise in the level of Luteinising Hormone (LH) known as the LH surge. This is the key hormone that triggers ovulation and can be detected in urine. Ovulation occurs when the egg is released from the follicle into the Fallopian tube. This usually happens between the 12th and the 16th day before the next period starts. The follicle then collapses and wastes away. The day of the LH surge and the day after are the 2 most fertile days of the cycle.

So when the time is right, you'll want to give yourself the best chance of success. Fortunately, there are ways to find your fertile days – some more practical than others. You could test for changes in your basal body temperature. But since temperature only rises *after* ovulation, it's unlikely to predict fertile days in that cycle[3]. Instead, you'll need to chart it daily over several months – quite a lot of work and rather inaccurate, since every woman is unique and nearly half of all women's cycles vary by up to 7 days[4] anyway.

Luteinising hormone in your urine shows when your body is ready to release an egg.

Ovulation Tests are easier and more reliable. These identify your two most fertile days in advance, by identifying when the body is about to release an egg (or *ovulate*). And being simple urine tests that just take minutes, they're also completely natural and non-invasive.

The most effective is Clearblue Digital Ovulation Test[5], from the world's best selling brand in home pregnancy and fertility tests. It's over 99% accurate *and* the only one with easy-read Digital results – so no fuzzy lines to interpret.

Ideally, you start by recording your cycle on a calendar for one month (download one at **www.clearblue.com**). Once you know your usual cycle length, those quick daily urine tests couldn't be easier. You have seven in a pack and as soon as you get a 'smiley face', the rest is up to you and your partner!

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1-888-698-5039

Clearblue

Please read the information on pack and in the instruction leaflet prior to use.

1 Wilcox AJ, Weinburg CR, and Baird DD. Timing of sexual intercourse in relation to ovulation. NEJM (1995) 333:1517-1521 **2** Data on file. How knowledgeable Are Women About Their Menstrual Cycle? (GfK Roper Public Affairs) **3** Stanford JB, White GL and Hatasaka H. Timing intercourse to achieve pregnancy: current evidence. ACOG (2002) 100(6):1333-1341 **4** Creinin MD, Keverline S, & Meyn LA. How regular is regular? An analysis of menstrual cycle regularity. Contraception (2004) 70: 289-292 **5** Data on file. In a study the unmistakably clear digital results gave the most accurate reading.

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YOUR EMOTIONS ARE NATURAL

BUT IT'S IMPORTANT TO MONITOR YOUR MOOD SWINGS

If you are pregnant and noticing that you sob when you hear sad songs on the radio or get irritated more easily than usual it's probably nothing to worry about — but you should monitor your feelings carefully just the same.

"Depending on their circumstances, there are natural emotions women have when they get pregnant, such as being excited, happy, anxious or nervous," says Dr. Nan Schuurmans, an Edmonton-based obstetrician gynecologist and a co-author of Healthy Beginnings: Giving Your Baby the Best Start, from Preconception to Birth.

If a mom-to-be is experiencing nausea or is overly tired, that may also affect her mood. But, according to Schuurmans, there is no hard scientific evidence that suggests the higher levels of the hormones estrogen and progesterone in pregnant women contribute to so-called mood swings.

ANDRESR/THINKSTOCK

"It's normal to have mixed emotions throughout the pregnancy because having a baby is a major life-changing event," Schuurmans says. "Women are understandably going to feel up and down about it."

That said, it isn't normal to feel sad, anxious or depressed all the time. It's important to watch for signs of depression, both during pregnancy and after the baby is born, and for women to talk to their health-care provider if they have any concerns about how they are feeling.

When a woman becomes pregnant, her doctor will perform a physical examination and ask about all past illnesses, including any mental health conditions.

"For example, if a woman had an anxiety disorder before she became pregnant, she'll likely be anxious during her pregnancy and she'll need to learn how to manage those feelings," Schuurmans says.

The most important thing a woman can do while she is pregnant is take care of both her physical and mental health. Physically, she should eat properly and exercise regularly. Mentally, she should be in a safe and healthy relationship with her partner and have good friends, family and other people she can turn to for emotional support.

"If women take care of themselves in those ways, they should enjoy their pregnancy," Schuurmans says.

– Jane Doucet

AGE CAN AFFECT FERTILITY, PREGNANCY AND CHILDBIRTH

Today, more women older than 30 are giving birth than in past generations. Thanks to the wide availability of contraceptives, Canadians now have more control over if and when to have kids and how many to have. For myriad reasons, many women are choosing to wait.

However, every woman should know that her age can affect fertility, pregnancy and childbirth.

According to The Society of Obstetricians and Gynaecologists of Canada, many women don't realize how quickly their fertility can drop and how early that can start to happen, and that fertility treatments can't always make up for that decline.

Canadian women aged 30-34 are now having more children than any other age group. And women 35 and older account for 11 per cent of first-time moms.

But the fact is that female fertility begins to fall in her early to mid-30s. Since this varies from woman to woman, there is no reliable way to predict fertility decline. Women often lose their ability to conceive years before they have the first symptoms of menopause.

Women older than 35 who do get pregnant, either easily on their own or with fertility treatments, have an increased risk of miscarriage, ectopic pregnancy, preeclampsia, high blood pressure and gestational diabetes, among other complications.

And what about the dads? The effect of a father's age on fertility and pregnancy aren't as well-defined as for the mother's age. There is some research that suggests a decrease in fertility for men older than 40 and an increase in genetic disorders for children of older fathers.

If you have been unsuccessfully trying to get pregnant, your doctor may refer you to a fertility specialist. Women aged 35 to 37 should be referred after six months of trying, and those 38 or older should see a specialist without waiting. The dad-to-be's fertility will also be examined.

The good news is that many women older than 35 become pregnant and have healthy pregnancies and babies. It's important to talk to your family doctor or obstetrician/gynecologist before trying to conceive to help identify if you are at risk for any problems that can be prevented or treated in advance.

– Jane Doucet

SURVEY REVEALS GAPS IN FERTILITY KNOWLEDGE

Women attend university and post-graduate studies in higher numbers, establish their careers later in life, and work longer than ever before. But the clock remains the same as it was 30 years ago.

A recent survey of female members of the Metro Panel, a reader advisory board of Metro News Group, sponsored by EMD Inc., Canada, revealed good intentions when it comes to family planning, but that large gaps in fertility knowledge may be derailing these plans for many women.

"Today, the majority of women are not in a position to have children before the age of 30," says Joanne Horibe, president of Conceivable Dreams, an organization that advocates for funding of in vitro fertilization. "Unfortunately, the health-care system does not do a very good job educating them on the challenges this presents."

In fact, only about 39 per cent of survey respondents felt secure enough in their knowledge of infertility to successfully plan for a family. And while 90 per cent of respondents stated they had considered when would be the best time for them to start a family, only 10 per cent had their fertility tested.

Their reasons for selecting the best time for family building were well thought out. Most felt they would be in a stable relationship, achieve financial stability, have finished their education and be well-established in a career.

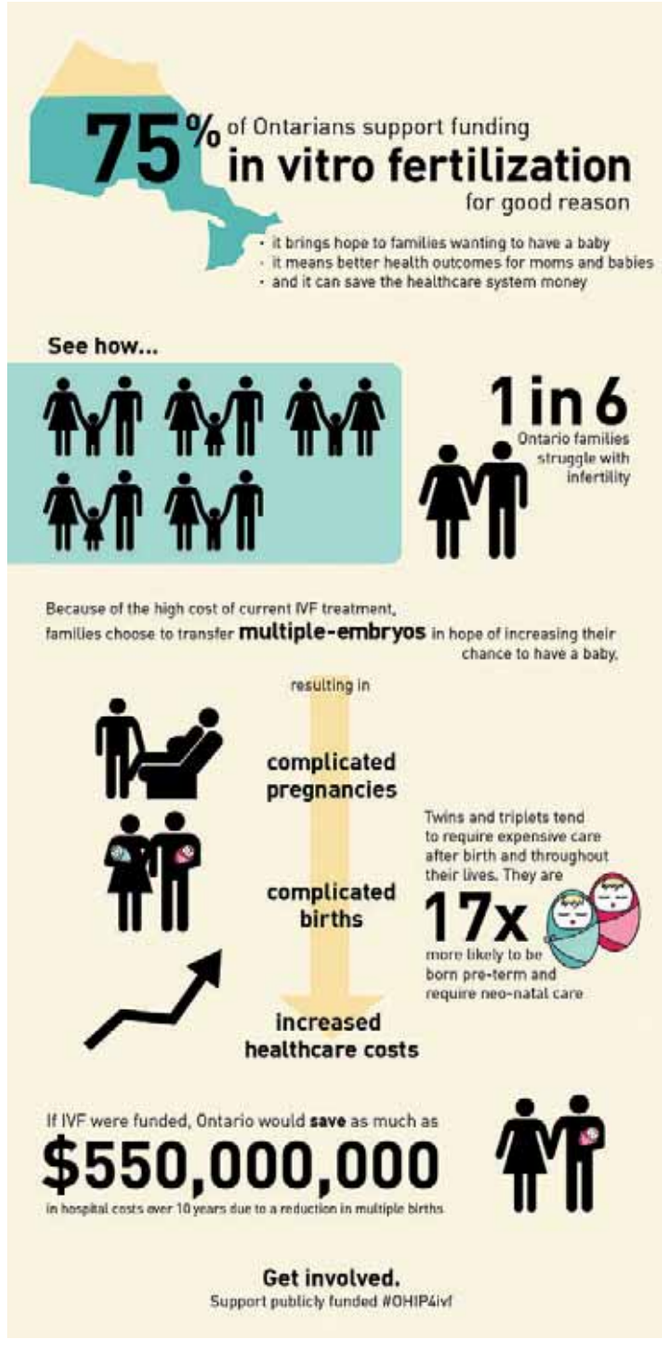
The reality is that these goals can also take a considerable amount of time and result in many couples not trying to conceive until well past the age when fertility starts to decline. Only 25 per cent of respondents had considered the risk of their fertility declining when deciding when to start having a family.

Many women knew fertility dropped off at a certain age, but they couldn't accurately pinpoint that age. Only 11 per cent correctly guessed that a woman's fertility starts to decline around age 30.

While the majority believed infertility is a medical condition, more than half of respondents (52 per cent) believed that simply staying fit and living a healthy lifestyle will protect their fertility.

"In fact, there are many causes of infertility," says Gloria Poirier, acting executive director for the Infertility Awareness Association of Canada (IAAC). "Simply staying fit is no guarantee of staying fertile. It's important that women stay informed and if you are over the age of 30 and have been trying unsuccessfully for more than six months to conceive, speak to your doctor about fertility testing and monitoring."

– Paula Schuck


75% of Ontarians support funding
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Ontario families struggle with infertility
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resulting in
complicated pregnancies
complicated births
increased healthcare costs
Twins and triplets tend to require expensive care after birth and throughout their lives. They are
17x
more likely to be born pre-term and require neo-natal care
If IVF were funded, Ontario would save as much as
$550,000,000
in hospital costs over 10 years due to a reduction in multiple births
Get involved.
Support publicly funded #OHIP4ivf

SEARCH OUT PATIENT GROUPS FOR INFERTILITY SUPPORT

Ashley Powell is 29, diagnosed with polycystic ovarian syndrome (PCOS), and has exhausted most of her options trying to get pregnant.

Ashley's infertility story starts at puberty. She had her first period at 13. Her menstrual cycles have always been erratic. Powell had only four to eight extremely painful periods each year. She was diagnosed with PCOS in college.

She married Brandon in 2009 and began trying to get pregnant. Imagine having a health problem you knew how to solve, but the solution remained out of reach. That's the frustrating state of life for the Oshawa couple.

Brandon's sperm counts are fine, despite a battle with testicular cancer and subsequent surgery. Because of these two factors, the Powells consulted fertility specialists early.

"We've been going to the fertility clinic from the time I was 25 years old," Ashley says. "With the IUI's (intrauterine insemination) and the injection medications, it has been nearly impossible to save any kind of lump sum amount for the IVF (in vitro fertilization) we need."

IVF is the medically recommended treatment for the Powells, but in Ontario it can cost more than $10,000 with medications. They have exhausted every option funded by OHIP. They have done IUI, intrauterine insemination, timed intercourse and surgery called ovarian drilling.

After almost five years and 10 rounds of different treatments, the Powells are physically and financially exhausted, plus they still have no children.

The Powells have found support from a patient group called Conceivable Dreams. The Ontario-based group advocates for public funding for in vitro fertilization. The group can be found on Facebook and Twitter.

Funding platform drawing crowds

Throw some pennies at that project. Crowdfunding has become a stellar source for backing viable ventures. We take a look at a few groups who have made the best of this business booster

RITA POLIAKOV
life@metronews.ca

The Cobra Wallet was born of a need to keep cash compact. SUBMITTED

When Christian Catalini first started studying crowdfunding in 2008, no one seemed to care.

"For a long time, it didn't receive a lot of attention. It was developing on the fringe," said Catalini, a PhD candidate at the University of Toronto's Rotman School of Management.

The first crowdfunding effort that caught Catalini's attention was a small organization out of Amsterdam meant to help the music industry there. Since then, crowdfunding has slowly exploded. According to Kickstarter, more than 2.2 million people pledged more than $319 million on the site, which funded 18,109 projects in 2012.

"The advantage of crowdfunding is it lowers the cost of capital. If you don't have a reputation, you can go online and create a profile," Catalini said.

Not all crowdfunding projects are successful, but the following were. Here's why:

Ubi
Kickstarter goal: $36,000
Funds raised: $229,500

Ubi, short for ubiquitous computer, is a voice-activated, portable computer that plugs into the wall and can answer questions, send emails and make phone calls.

"We wanted to do two things," said Leor Grebler, one of Ubi's creators. "One was to see if there was a market for what we were developing and the second thing was to actually be able to raise the money to develop it."

According to Grebler, to succeed on Kickstarter, a product needs to be unique. The creators should also do their research and avoid getting cocky.

"Don't assume people are just going to back your project," Grebler said, adding that his team reached out to social media and regular media to get the word out. Also, Grebler suggests keeping the goal low, especially on Kickstarter, where the project only gets funded if it reaches its goal.

Did you submit? Don't sit!

Don't just assume that if you build it they will come. Crowdfunding takes a lot of work.

Ariel Garten
InteraXon Media

Cobra Wallet
Kickstarter goal: $30,000.
Funds raised: $51,128.

This ultra-thin wallet was born out of a desperate search for a comfortable place to put cards and cash.

Alex Kennberg, who created the project with Joshua Moore, suggests having a prototype before looking for cash.

"If people see only renderings, a lot of things can go wrong. The further you can get (to the final product), the less risk there is for backers," he said.

And, of course, make a solid video with a clear message.

The Muse headband invites users to see their brain in action. SUBMITTED

Muse
Indiegogo goal: $150,000.
Funds raised: $287,000.

Muse, made by InteraXon, is a brain-sensing headband that allows users to monitor brain activity. It could lead to controlling apps or games with our minds.

"Funding is not easy," said Ariel Garten of InteraXon.

"Don't just assume that if you build it they will come. Crowdfunding takes a lot of work," she said, adding that projects that do well are often "things that people can see using themselves."

Amin Abdossalami, Mahyar Fotoohi and Leor Grebler of team Ubi. SUBMITTED

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Having a leg up on an important industry

Going out on a limb.
Young entrepreneurs aim to help rehabilitate through robotics

TAKARA SMALL
Metro News in Toronto
@takarasmall

Who: Bionik Laboratories

What: Bio-engineering research firm

Where: 10 Dundas St E., Toronto

Why: "We met in a biomedical program in university. We were both interested in robotics and brain signals and looking for gaps in medical technology. Now, we're on the front lines of getting paraplegics to walk."

Michal Prywata and Thiago Caires are the co-founders of Toronto startup company Bionik Laboratories. COURTESY OF THE DMZ

The future is now, or at least it seems like it is, after talking to the founders of Toronto startup company Bionik Laboratories.

Remember the sci-fi movies from our childhood (often set in a dystopian future) where tech gadgets used to help the average man recover from near life-ending paralysis or leap tall buildings are handed out like dollar store candy?

Well, co-founders Thiago Caires, 25, and Michal Prywata, 24, are the ones making this impossibility a reality one day at a time.

The owners of the lucrative research firm initially started out by creating arm prosthetics for those in need but found it difficult to secure necessary capital to expand their work.

They later decided to set their sights on rehabilitation devices, such as their most well known invention called Exolegs, a walking tool for paraplegics.

"As we grew our team we realized the market for amputees is very small so to bring our work to market would be incredibly difficult," Caires says.

"Unfortunately if there is no money (i.e. investors) you just can't put the time and resources into a project to bring it to market. It just can't be done."

Exolegs will allow paraplegics the ability to stand and walk for up to eight hours using a robotic pair of exoskeleton legs powered by motors that will replace a traditional wheelchair.

"In the beginning, this kind of technology was funded by the military for the military," he explains.

"But there's a huge medical gap for paraplegics that affects millions of people and there hasn't been anything invented since the wheelchair to improve the lives of quadriplegics and paraplegics. We wanted to change that."

To see what the future of brain-controlled prosthetics looks like, head to metronews.ca/voices/mom-and-pop-shops

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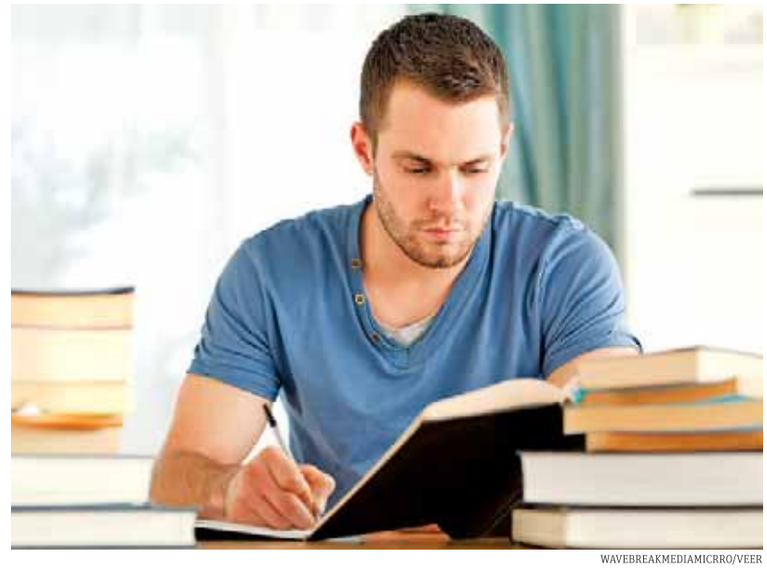
TURN DEGREES INTO CAREERS



WAVEBREAKMEDIAMICRRO/VEER

Canada's universities are among the best in the world, but face challenges matching education to labour market needs, according to a new study.

The Conference Board of Canada's Education and Skills report card gives Canadian universities an A and ranks the country second overall, but we earned Bs and Cs for return-on-investment. Canada also received Cs for percentage of university graduates in science, math, computer science and engineering. The report card gave us a D for the number of PhD graduates.

"Within the post-secondary system, we must improve co-ordination among offerings, thereby creating better pathways to workplaces, jobs and careers," says Daniel Muzyka, president of the board.

Allan Rock, president of the University of Ottawa, offers a robust defence of the university degree, but suggests how the gap between education and workforce arises. He cites a CIBC report finding labour shortages in 25 professions requiring a degree. They include optometrists, engineers, doctors, dentists and social workers. A degree might not guarantee a career, but many careers require a degree.

"Contrary to the myth of the irrelevant university, there continues to be a strong demand for university graduates," he says.

He notes that a "quiet bias" may also be at work in steering some students into university when they would be better served by college.

"Some students are pressed by family or friends to attend university because it is seen as the more 'academic' or prestigious option," he says. "That bias is insidious and unfair. We must do everything we can to dispel it. Young people should be free to choose the option that is right for them, unburdened by false perceptions and distorted views."

David Gauthier, vice-president at Saint Mary's University, says universities drive economic growth via research and development partnerships with industry. That also helps students turn education into careers.

"Innovation in university program and curriculum design, content and delivery, coupled with new technologies, allows for learning that gives students the experience and skills needed to be immediately successful in the workplace after graduation," he says.

The board report found degree-holding workers make more money and contribute more to business innovation and productivity than non-degree holders.

– Jon Tattrie

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Quennell says whether you are managing a team of one or many, you require certain competencies to succeed and grow.

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Applications are now being accepted for the global executive MBA class, which begins Aug. 18 and the executive MBA (EMBA) class, which starts Sept. 15.

For more, visit rotman.utoronto.ca.

STUDENTS GAIN FROM PARTNERSHIP

CENTENNIAL COLLEGE

There is now a better way for marketing students to learn their target markets.

Through a brand new partnership with Environics Analytics, marketing students at Centennial College will have a leg up on the competition.

By offering training through new "micromarketing" ENVISION software, Centennial students are able to use postal codes to learn about target markets in fine detail.

"No other educational institution in Canada offers this to their students," says Danica Lavoie, professor of marketing, Centennial College. "It will differentiate our graduates from those students who graduate from a traditional 'run-of-the-mill' theory-focused marketing program."

This software allows marketers to develop in-depth profiles (such as demographics, spending behaviour, media preferences, social values) of a particular target market, for example, people who spent at least $400 online last year.

ANDRESR/VEER

"The software allows the user to build trade areas and learn everything about the people who live within them," Lavoie says.

Starting in September, marketing students at Centennial College will be able to take advantage of this new training.

Lavoie believes this software will provide Centennial College graduates a unique advantage once they are ready to enter the workforce.

"Employers who use this software — and there are many major corporations in Canada who do — will want to hire graduates who know the software already and can hit the ground running," Lavoie says.

"This will open doors to employment for Centennial College students, and once they are working for these firms, knowledge of the software will help them make better business decisions."

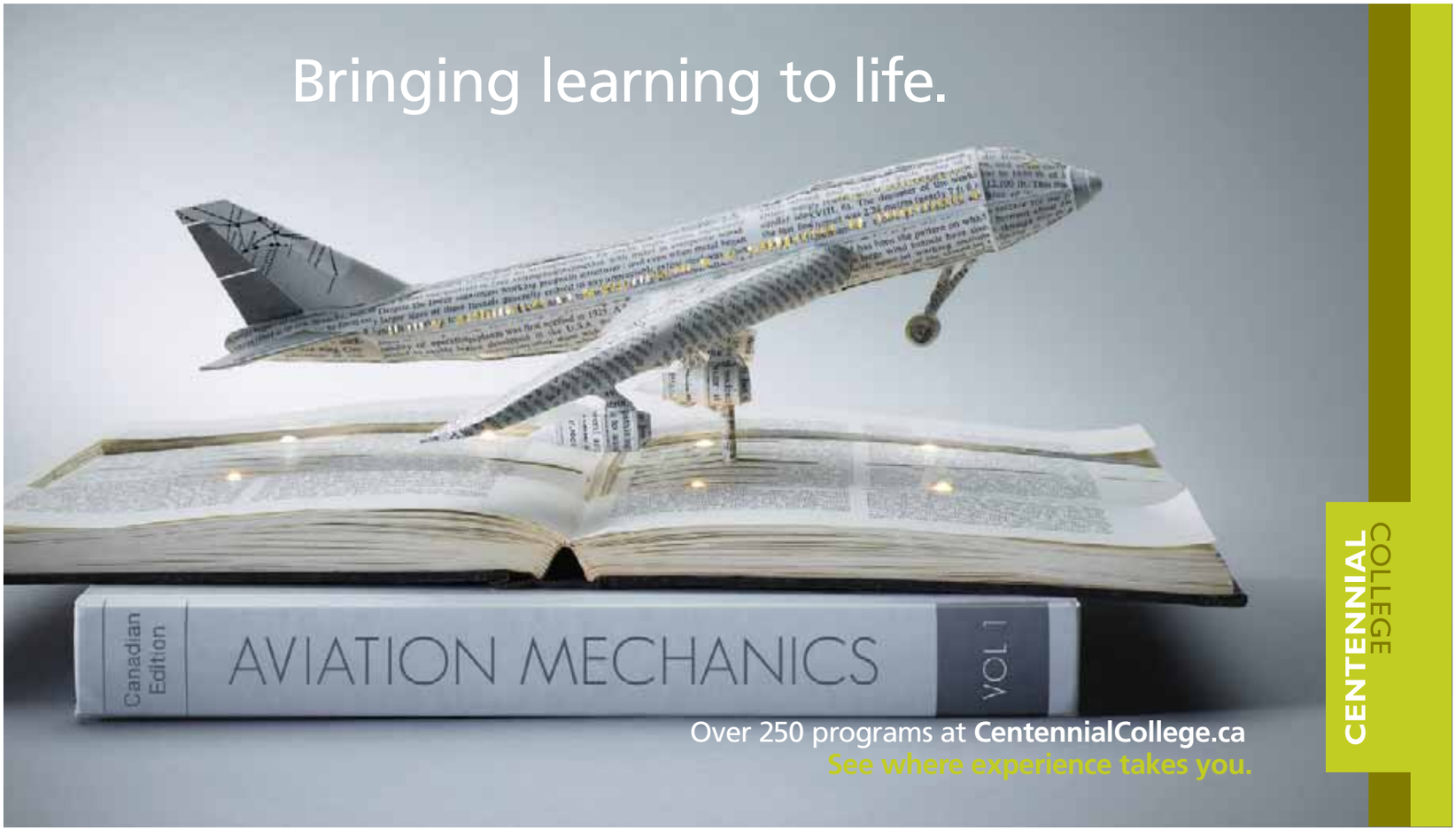
Students who undergo a minimum of eight hours of ENVISION training will obtain a certificate from Environics Analytics attesting to their knowledge of the software.

For more information about Centennial College and the ENVISION training, visit centennialcollege.ca.

PROGRAMS

Centennial College offers two- and three-year programs leading to a diploma in marketing, as well as two state-of-the-art graduate certificates in marketing — the first in marketing research and analytics, the second in marketing, sales and account management.

Graduates of these programs are not limited to careers in just one industry, but can use the skills they have learned and apply them to almost any industry.



SLEEP TIGHT

LANALANGLOIS/VEER

STUDIES SHOW THAT SLEEP IS VERY IMPORTANT TO GOOD HEALTH

One of Canada's top sleep experts appreciates the importance of a good night's sleep.

"The more research we do, the clearer it becomes that sleep is incredibly important to good health," says Joseph De Koninck, PhD.

For more than 30 years, De Koninck has taught psychology students and run a two-bedroom sleep laboratory at the University of Ottawa. During the course of his career, researchers from around the world have established ever stronger links between sleep and health. And he worries that the growing pressures of the modern age — careers that require round-the-clock availability — will affect the long-term sleep patterns of Canadians.

People with poor sleep habits are at greater risk for a number of chronic conditions, including obesity, diabetes and heart disease. Sleep deprivation also impairs memory and judgment, increasing the risk of traffic accidents and work mishaps, and often leads to problems in interpersonal relationships.

Researchers continue to uncover exactly how sound sleep contributes to health. One mechanism involves the regulation of hormones. When we sleep, our bodies secrete hormones that help to control appetite and metabolism. When we don't get enough sleep, our bodies produce extra cortisol, often described as the "stress hormone," and insulin, the hormone that regulates glucose processing and promotes fat storage. As a result, poor sleep can make us feel hungry even though we have had enough to eat, and leave us too tired to exercise off the extra calories.

Since insufficient sleep influences the way we process glucose — the high-energy carbohydrate that cells use for fuel — it may also play a role in type 2 diabetes, a chronic condition increasingly prevalent in Canada.

There is also research to suggest that even a single night of inadequate sleep can increase the effects of hypertension. One study found that people with hypertension who have a poor night's sleep experience elevated blood pressure throughout the next day.

Given all the risks associated with poor sleep habits, it should come as no surprise that people who don't sleep well tend to have shorter lives. Data from three studies revealed that averaging five hours or less of sleep per night shortened life expectancy by approximately 15 per cent. *– Peter Boyle*

YOU'LL BE DREAMING IN NO TIME

AREKMALANG/VEER

DGMATA/VEER

MOCKER/VEER

Follow these tips to fall into dream land..

1 A cup of warm milk. Sometimes, those old wives' tales ring true. Milk contains tryptophan, an amino acid that can make you drowsy.

2 A hot bath. For many children, a nice relaxing soak in the tub is a pre-bed ritual. If it worked when you were a child, it might work now that you are (pretty much) all grown up.

3 Choose your evening drinks wisely. For many people, caffeine after dinner is a real no-no. Choose decaffeinated coffee, tea and pop or avoid them altogether, along with chocolate. And while alcohol can make you drowsy, drinking too much interferes with sleep.

4 Stick to a schedule. Make a point of going to bed and getting up at about the same time each day. Most bodies thrive on routine.

5 Stretch it out. Slow, gentle stretches accompanied by easy, deep breathing works wonders for many people. Although vigorous exercise might leave you awake, low-intensity yoga can be a great way to de-stress at the end of the day.

6 Massage. I'll rub your back if you rub mine. A few minutes of massage will not only promote sleep, it will also do wonders for your relationship. For the full effect, add a drop of soothing aromatherapy oil (lavender and chamomile scents are especially calming).

7 Get rid of distractions. Your bedroom should be for sleeping, dressing and sex — no laptops, iPads, television or other distractions allowed. Put some physical distance between the place where you sleep and the places where you live the rest of your life.

8 Create an ideal sleep environment. Do whatever you need to promote sleep — if the morning sun bothers you, get thicker curtains or blinds; if noise bothers you, close doors and windows or add sound insulation.

9 Invest in a good-quality mattress. Given that mattresses last 10 to 12 years, don't be afraid to spend $1,000 on one that you find comfortable.

10 Free your mind. Once you close your eyes, allow your mind to wander freely; avoid judging or guiding whatever thoughts come up. You will be dreaming in no time.

– Peter Boyle

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VICKS®

James' shooting lame as Heat head to Texas

NBA Finals. League MVP's efficiency down, but secondary options stepping for Heat

Somehow, some way, the San Antonio Spurs seem to have discovered a secret that every team in the league desperately searched for all season long. They have figured out a way to slow down LeBron James.

Whether it's Kawhi Leonard's incredible wingspan, Danny Green's dogged determination or a stash of kryptonite that Tim Duncan happened upon, it's working. And yet the Spurs return home for Game 3 of the NBA Finals on Tuesday night perhaps feeling lucky to have earned a split in Miami.

James is averaging a pedestrian 17.5 points and has posted his two lowest point totals in the playoffs during the finals. One would think that's a recipe for a commanding 2-0 series lead.

But San Antonio needed an incredible shot from Tony Parker with 5.2 seconds to play in Game 1, then got blown out in Game 2 on Sunday even though the four-time MVP scored just 17 points on 7-for-17 shooting.

"He's going to score," Parker said of James after the Spurs' 103-84 loss that evened the series 1-1. "But right now the other players, they are playing great too. So we can't have both."

James shot an astounding 56.5 per cent during the regular season and made 103 three-pointers — the first time in NBA history someone has made that many threes while shooting a percentage that high. The improved shooting has made the six-foot-eight, 250-pound freight train almost impossible to guard, and had the Heat confident that they had the antidote for any type of defensive approach against James.

The last time the Spurs were in the finals in 2007, they won their fourth title over the Cleveland Cavaliers by daring James to shoot jumpers. It worked beautifully when James shot an abysmal 35.6 per cent in a four-game sweep.

The Spurs have essentially used the same approach this time around.

James had a triple-double in Game 1, but only scored 18 points on 16 shots in the 92-88 loss. He is shooting just 41.4 per cent from the field, is two for eight from long range and has attempted only six free throws in the first two games.

"I know I attract a lot of attention," James said. "This team has been set up the right way where when I do attract attention, we have guys that can make plays."

THE ASSOCIATED PRESS

Spurs power forward Tim Duncan defends against LeBron James during Game 2 of the NBA Finals on Sunday night in Miami. San Antonio has held James to 41.4 per cent shooting in the finals, well down from his stellar 56.5 per cent shooting in the regular season. RICHARD WOLOWICZ/GETTY IMAGES

More than just James

"It was the whole Miami team was killing us.... It's not just that he turned it on. It was Miami that turned it on."

Spurs guard Manu Ginobli on the Heat's 33-5 run that put San Antonio away early in the fourth quarter of Game 2 on Sunday night. Dwyane Wade kept Miami in it with 17 points through the third, Mario Chalmers' had 19 points and three three-pointers from Mike Miller fuelled the surge.

Family matters

Kobe's parents apologize for memorabilia snafu

Kobe Bryant reached a settlement with a New Jersey auction house that allows his mother to sell a small amount of his memorabilia, while also getting an apology from his parents, who thanked him for his financial support.

Kenneth Goldin, founder of southern New Jersey-based Goldin Auctions, said Monday that his company and the Los Angeles Lakers star had reached a settlement. Through a publicist, an attorney for Bryant also confirmed the dispute had been resolved.

Citing a confidentiality agreement, Goldin wouldn't discuss details of the settlement beyond identifying the six items to be auctioned, including two uniforms worn by Bryant in high school and two 2000 NBA championship rings Bryant gave to his parents.

THE ASSOCIATED PRESS

Patriotic duty

Tebow New England-bound, sources say

A person familiar with the situation says quarterback Tim Tebow is planning to join the New England Patriots at their mini-camp on Tuesday.

The person spoke on condition of anonymity because no official announcement had been made.

ESPN reported earlier Monday that Tebow will sign with the Patriots.

THE ASSOCIATED PRESS

Turban ban

CSA suspends Quebec federation

The Canadian Soccer Association says it has suspended a provincial association over its refusal to let turban-wearing children play.

The organization says it had to intervene because the Quebec Soccer Federation showed no sign of overturning its decision to restrict turban-wearing Sikhs from the pitch.

"The Quebec Soccer Federation's inaction has forced us to take measures in order to ensure soccer remains accessible to the largest number of Canadians," it said in a statement Monday night.

The national organization said last week it expected the Quebec association to reverse the ban, which has drawn international news coverage and condemnation from several federal politicians.

Quebec's federation says it's concerned about safety.

The Canadian association says it will lift the suspension once it has proof the Quebec federation has revoked the ban.

THE CANADIAN PRESS

Argos' Kackert cooking up something good for 2013

For Argonauts running back Chad Kackert, the secret to off-season training was a gruelling regimen of cooking and taking it easy on the weights.

The running back spent his off-season working on speed and resiliency while simply trying to maintain strength. And he said he's entered training camp feeling better than ever.

"I'm going to need to be able to handle the brutality of this season," said Kackert. "If I'm doing that on purpose in the weight room, that's not going to help me."

Kackert, the 2012 Grey Cup MVP, played seven games with the Argos last year. He came to Toronto in mid-March to train and uses his down time to improve his cooking.

"I've really improved on my steak. It's a good staple to know how to cook, and I'm looking forward to being able to get on the barbecue if the sun ever comes out," he said.

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"I've never felt this healthy going into camp."

Argos running back Chad Kackert

Championship plot thickens

The Stanley Cup final opens Wednesday in Chicago as the Blackhawks host the Bruins. Here are five storylines to watch:

THE CANADIAN PRESS
Photos by Getty Images

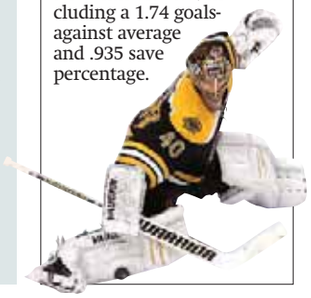
Original Six returns

It's the first time two Original Six teams are meeting in the Stanley Cup final since the Montreal Canadiens beat the New York Rangers in 1979. More than anything else, Boston and Chicago being back in the final speaks to the revitalization of two historic hockey towns that, until recently, hadn't experienced this kind of success in decades.

Conn Smythe watch

David Krejci is scoring at a remarkable pace, but he's still not the Conn Smythe front-runner for the Bruins. Goaltender Tuukka Rask has a playoff-best .943 save percentage and two shutouts, and he stifled the Pittsburgh Penguins in the Eastern Conference final.

Chicago goalie Corey Crawford's numbers aren't far behind Rask's, including a 1.74 goals-against average and .935 save percentage.



Goalie change

Rask was on the bench two years ago when Thomas carried the Bruins to the Stanley Cup with a 1.98 goals-against average and .940 save percentage.

Crawford doesn't have a ring from 2010, but after splitting duties with Ray Emery during the regular season, Crawford has the reins for the Blackhawks in the post-season. He could start making a nice career for himself after this impressive run.

Power outage

The Bruins and Blackhawks have plenty of offensive firepower, but the conference finals didn't feature a whole lot of anything on the power play.

Even in breezing into the cup final, Boston and Chicago combined to go 1-for-27 on the power play in the last round. The Blackhawks were 1-for-14, while the Bruins were 0-for-13.

Chara effect

Few defencemen can change the complexion of a game or series like the six-foot-nine Chara, who, despite a lack of mind-blowing stats, should be a Norris Trophy finalist every year.

Chara skates almost 30 minutes a game and is a factor in every situation. Along with Rask, he played a huge role in the Bruins holding Penguins stars Sidney Crosby and Evgeni Malkin to zero points.

Oilers hire Eakins

Shape up or ship out, coach warns

The new coach of the Edmonton Oilers has already delivered a message to his team: get fit or get out.

"I think there may be some big adjustments for the players, with me coming in here," Dallas Eakins said at his introductory press conference.

"I want players to be so fit that a forward, if I ask him to play 26 minutes that night, he's going to play 26 minutes at a high level.

"That is something that I'm passionate about that will be probably a bit of a challenge on the buy-in. But it's non-negotiable, and there will be buy-in."

Eakins, 46, who replaces the fired Ralph Krueger, comes to the Oilers after spending four years as an AHL coach in Toronto, where he led the Marlies to the 2012 Calder Cup final. THE CANADIAN PRESS

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Horoscopes

♈ Aries
March 21 - April 20
You don't lack for confidence and you won't hesitate to tell others where they've gone wrong. It may in fact be the case that you've got it wrong but your self-belief is such that you just don't notice.

♉ Taurus
April 21 - May 21
Some people may be rather cool towards you today but don't think that means you are out of favour. More likely they're dealing with personal issues and don't have time for niceties. It's no big deal.

♊ Gemini
May 22 - June 21
Go with your feelings today and don't be afraid to let others know why you think they are wrong. They may accuse you of being irrational, but you know better than to ignore your instincts.

♋ Cancer
June 22 - July 23
Saturn's influence in your chart, though good, may cause you to be a bit too limited in your thinking. Imagination is every bit as important as intelligence, so listen to your inner voice then act on what it tells you.

♌ Leo
July 24 - Aug. 23
A loved one is in need of assistance but they keep pushing you away every time you try to help. There's not much you can do except hang around so you are there for them when they come to their senses.

♍ Virgo
Aug. 24 - Sept. 23
You feel compelled to resolve a feud that has dragged on a long time. It isn't worth the time and the energy. Move on.

♎ Libra
Sept. 24 - Oct. 23
Whether the challenge you face is personal or professional, you can and you must meet it head-on today. You may be good at indecision but you can take the initiative when you need to, like now.

♏ Scorpio
Oct. 24 - Nov. 22
You may not be happy that you cannot move in the direction you most want to go but the planets are holding you back for a reason. What is that reason? By the end of the week you will finally know.

♐ Sagittarius
Nov. 23 - Dec. 21
Even a Sagittarius needs to be alone with their thoughts once in a while and if that is how you feel now then by all means get away from the crowds and the noise. You need room to think about your options.

♑ Capricorn
Dec. 22 - Jan. 20
How seriously do you take your aims? According to your solar chart you are a bit too vague about your goals at the moment. Time to get serious.

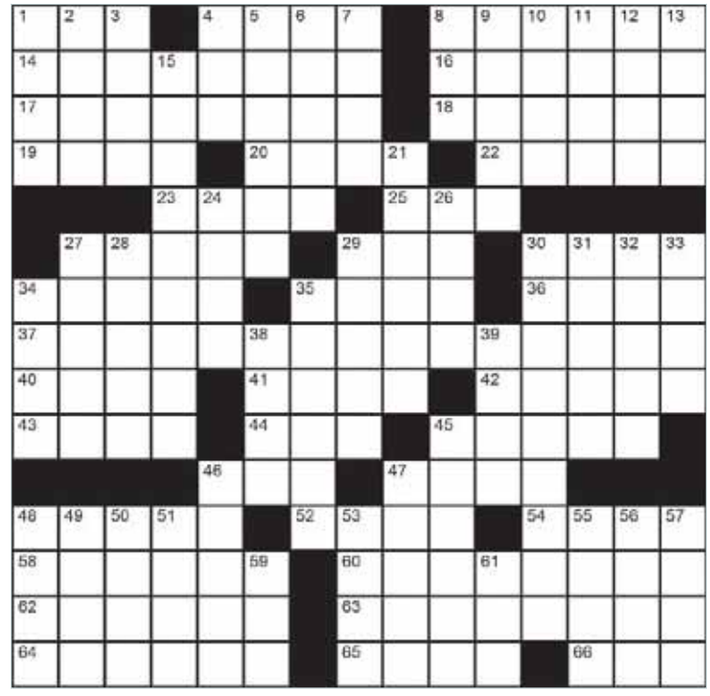
♒ Aquarius
Jan. 21 - Feb. 19
Someone who envies your popularity will try to find ways to make life difficult for you but it's unlikely they will succeed. And if you keep the smile on your face you will annoy them all the more!

♓ Pisces
Feb. 20 - March 20
Nothing seems to faze you, and that's just as well because some people will go out of their way to infuriate you. Don't worry about it it. Not everyone can be a big-hearted Pisces. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

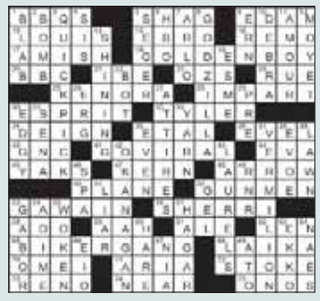
BY KELLY ANN BUCHANAN



Across
1. _ __ vapeur (Steamed, restaurant style)
4. Ontario's Casino __
8. Piles
14. Tires company
16. Esoteric
17. __ Sea (Arctic Ocean part)
18. Cape __, Nunavut
19. "Correct me __ __ wrong, but..."
20. Canada Geese flying formations
22. __ out (Distributes)
23. Pizzeria products
25. Li'l kitchen measurement
27. Put into a cell
29. Fam. member
30. "Born Free" (1966) lioness
34. __ a fox: 2 wds.
35. Remarked
36. Plunges
37. Rush's 'Rock Album of the Year' at this year's Junos: 2 wds.
40. Farm sound
41. Boundary
42. Dick __, legendary Montreal Canadiens coach
43. Golfer's props
44. Compete
45. "Kathy Griffin: My Life on the _-__"
46. Currency in Romania
47. Regard
48. Mindful
52. Greek Myth: Pleiades sister
54. Ms. Minnelli
58. Newspaper article length
60. Ottawa university
62. Stellar
63. How Farrah Fawcett's 1970s hairstyle was cut: 2 wds.
64. Canadian __ (Region of rocks)
65. Week parts
66. Bob __ (Liberal politician)

Down
1. Prefix to 'dextrous' (Skilled at right/left hand use)
2. Poet's 'willingly'
3. Health food berry
4. CFL official
5. Billy Idol's "To Be _ __"
6. Swampy spots
7. Poker stake
8. Clown face expression
9. Badly defeat
10. Territorial measure
11. Show's group of actors
12. Pants part
13. Arranges
15. Some whales
21. Hit the picket line
24. Phantom of the Opera tune: "All _ __ of You"
26. Kim Mitchell hit: "Go for __"
27. Miss __, "Dallas" matriarch
28. The Gershwins musical, ___ and Only
29. Freight-carrying boat
30. Martin Short's uniquely-coiffed/high-waisted-pants character: 2 wds.
31. Actor Mr. Schreiber's
32. Divvy up
33. PGA part, for short
34. Sean Connery, for one
35. Dietary concern
38. "__ Only Just Begun" by The Carpenters
39. Egypt's river
45. In a heartfelt way
46. "Street __" (1987 to 1994 Canadian series)
47. Princess __, William and Harry's mum
48. Regrettably
49. Hope for
50. __-aging cream
51. Unique
53. Music style, __ rock
55. Roman road
56. Author, __ Neale Hurston
57. Newfoundland: L'__ aux Meadows
59. Long ago time
61. Vegas partner

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	5	3	6		8	9	4	
2	8						1	3
		7	2		6	4		
	2			8			7	
		9	5		7	3		
4	7						9	2
	3	1	4		2	8	6	

Yesterday's Sudoku

1	4	5	9	2	8	3	6	7
9	2	3	6	7	1	5	4	8
7	8	6	4	3	5	1	2	9
6	3	1	8	4	7	2	9	5
4	7	8	2	5	9	6	1	3
2	5	9	1	6	3	7	8	4
8	1	7	5	9	6	4	3	2
3	6	4	7	8	2	9	5	1
5	9	2	3	1	4	8	7	6

Today
22°/15°
Showers
60%

Wednesday
23°/14°
Showers
40%

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